

THE HISTORY OF THE
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JAMES OGLETHORPE
BY
JOHN STURGEON
OF THE
CITY OF LONDON
IN TWO VOLUMES
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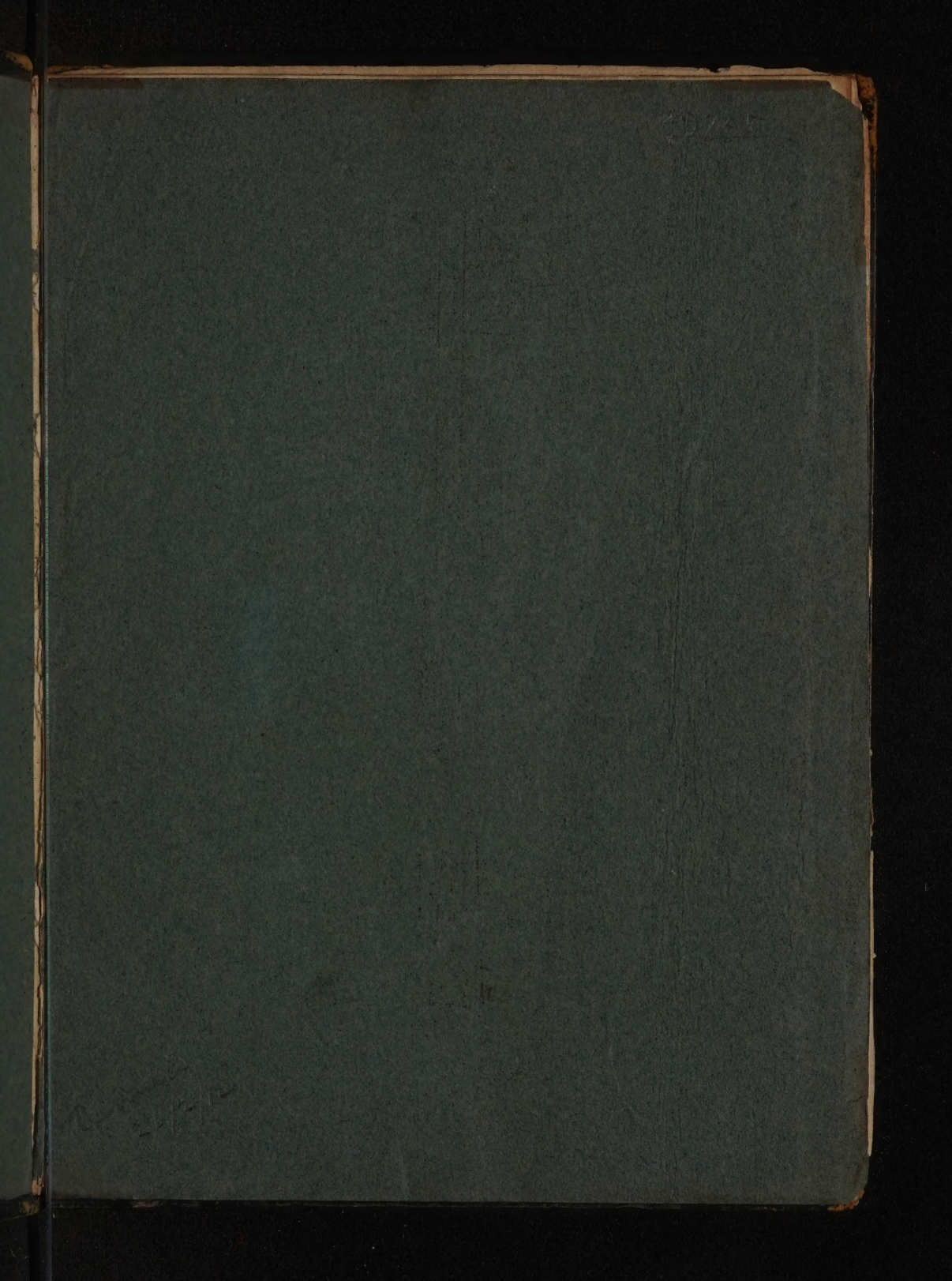




By the Author

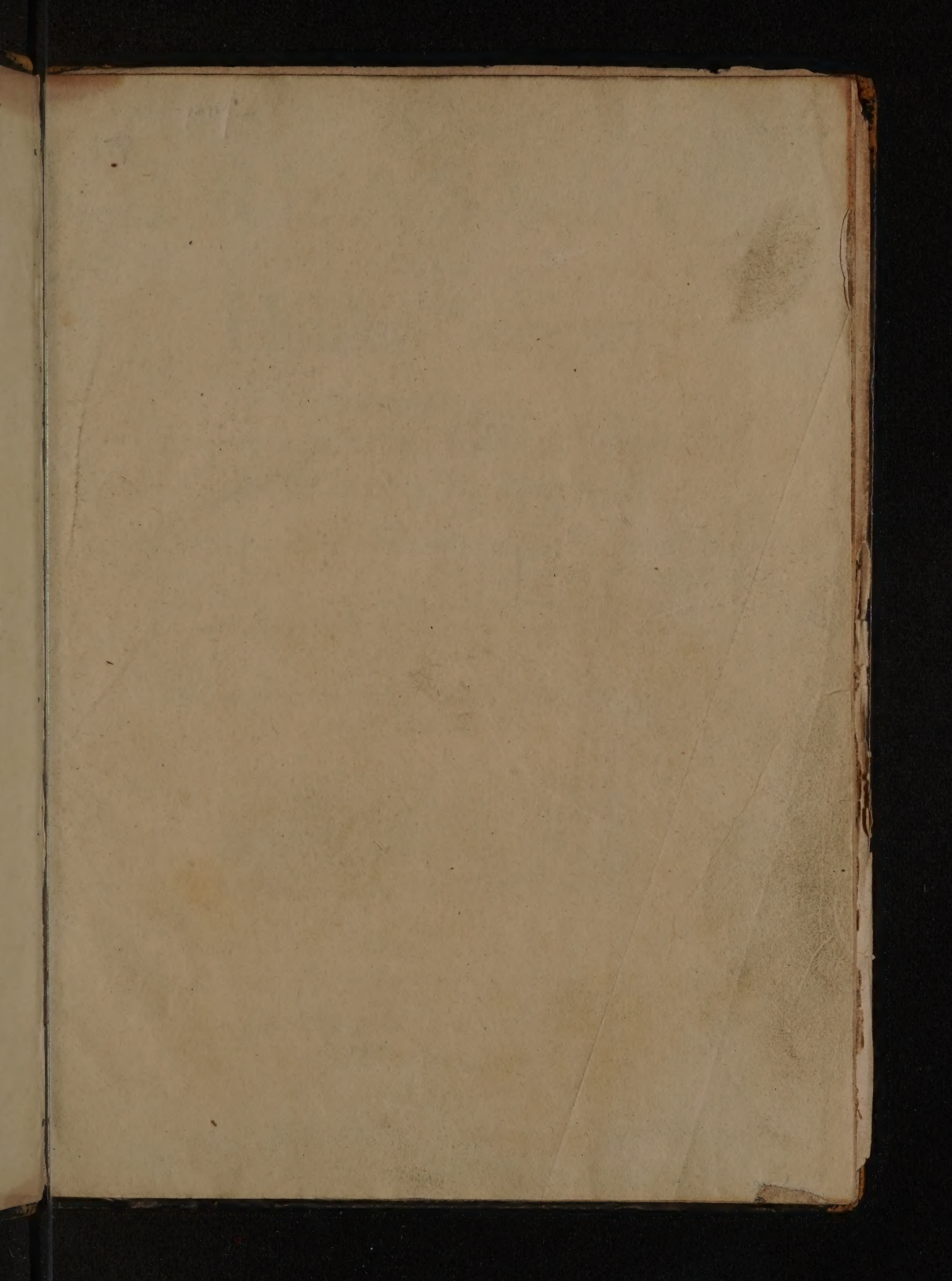
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John Partridge is the author.

THE
TREASVRIE
OF
Hidden Secrets:

Commonly called,
The Good-huswiues Closet of prouision,
for the health of her Household.

Gathered out of sundry experiments, lately practised
by men of great knowledge : And now newly enlarged, with
diuers necessary Physicke helpes, and knowledge of the names and
*naturall disposition of diseases, that most commonly happen
to men and women.*

Not impertinent for euery good Huswife to vse in her house,
amongst her owne Familie.



LONDON,
Printed for *John Wright*, and are to be sold
at his Shop at the signe of the Bible
without Newgate.

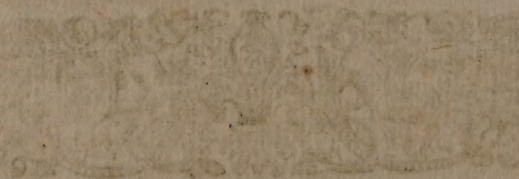
1627.

THE TREASURY OF Hidden Secrets:

Commonly called
The Good-humours Closer of provision
For the health of her Hon. body.

Containing out of sundry experiments lately practised
in most of the Kingdoms: And now newly enlarged, with
diverse necessary Physicke helps and knowledge of the nature and
natural disposition of diseases that most commonly happen
to men and women.

Not in part: but for every Good Humour to be in her body
amongst her own Familie.



LONDON
Printed for John Wright, and are to be sold
at his shop at the signe of the Bible
without Newgate.

1657



To all VVomen that loue and professe
the practice of good huswifery, as well
Wines as Maides.

Courteous Gentlewomen, honest Matrons, & vertuous Virgins, I did not long agoe print (in my opinion) a very necessary Booke of Cookery, and bequeathed it vnto you, called, The good huswiues hand-maid for the Kitchin; and perceiuing no lesse but that it was acceptable among many of you, I haue lately reprinted the same; and for that this Booke, called, The good huswiues Closet of necessary prouision for the health of her houlhold, containing, The manner as well to make all kinde of Conserues and Sirrops, and Sugar-paste for banquetting dishes, Succade, Marmalade and Marchpane, diuers sweet distilled waters of great vertue, fine Powders for Presses, and Chests, with woollen and linnen Clothes and Furres, to keepe them from moth-eating; and many precious Oiles of sundry operations and effects: as also necessary directions for preparation of good and wholsome Kitchin Phisicke, in making good Medicines, wholsome Drinkes, and other comfortable things, to helpe and cherish the sicke and weake in your house, hath likewise beene printed by me aforetime; I thought good now to aduertize you that I haue conferred them both together, and in examining them, found some things in the one, more pertinent vnto the other: and some things in the one that was likewise in the other, and therefore needlesse that the selfe same things should be in both. I haue therefore placed each thing that before was out of order in his due and conuenient place, and doe commend both vnto your protection: the one for

The Epistle Dedicatorie.

your Kitchen, and this other ready helpe, alwaies at hand as a Storehouse, or Treasurie of many profitable secrets, and vnknowne conceits to be vsed as occasion shall require. First, printed at the request of a Lady of great calling, and now augmented with some rare conceits not before published: How good soeuer they be, yours they be: and my selfe at your command, to publish any thing that may be to your good liking, and to amend what otherwise shall prooue to your discontentment.

I. W. Printer.

The Author of these Secrets
to this Booke.

*Upon occasion that a Lady of Honourable regard, hauing
seene this Booke in writing, earnestly requested, or rather
commanded to haue a copy of the same.*

Go little Booke of profit and pleasure,
To my Honourable Lady without delay
Shew her I send thee for the performance
Of her request; sith she would haue no nay:
Yea, say, her command of me hath obtained
Thee: that no gold nor good could haue gained.

The

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The Treasury or Closet of hidden Secrets.

To make a March-pane. Chap. 1.

TAke halfe a pound of blanched Almonds, & of white Sugar a quarter of a pound, of Rosewater halfe an ounce, and of Damaske water as much: beat the Almonds with a little of the same water, and grind them till they be small: set them on a few coales of fire till they wax thicke, then beat them againe with Sugar fine: then mixe the sweet waters and them together, and so gather them, and fashion your March-pane: then take wafer cakes of the broadest making, cut them square, passe them together with a little liquoz, and when you haue made them as broad as will serue your purpose, haue ready made a hope of a græne hazell wand, of the thickenesse of halfe an inch, on the inner side smooth, without any knags: lay this hope vpon your Wafer-cakes aforesaid, and then fill your hope with the geare aboue named, the same diuizen smooth aboue with the back of a siluer spoone, as ye doe a Tart, and cut away all the parts of the cakes, euen close by the outside of the hope with a sharpe knife, that it may be round: then hauing white paper vnderneath it, set it vpon a warme hearth, or vpon an instrument of yron or brasse made for the same purpose, or into an Ouen, after the bread is taken out, so it be not stopped: it may not bake, but only be hard and thorow dzyed, and ye may while it is moist sticke it full of Comfets of sundry colours in a comely order, y^e must moist it ouer with Rosewater and sugar together: make it smooth, and so set it into the Ouen or other Instrument, the clearer it is like a Lanterne hozne, so much the more commended. If it be thorough dzyed, & kept in a dry and a warme ayre, a March-pane will last many yeres. It is a comfortable meat meet for weake folke, such as haue lost the taste of meats by much and long sickness. The greatest secret that is in making this clære, is with a little fine flower of Rice, Rosewater and Sugar beaten together, and laid thin ouer the March-pane ere it goes to dzying. This will make it shine like Ice, as Ladies report.

To gild a March-pane, or any other kinde of Tart. chap. 2.

Take & cut your lease of gold, as it lieth vpon the book into square pæces like dice, & with a Conies tiales end moisted a little, take the

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gold by the one corner, lay it on the place, being first made moist, and with another taile of a Cony dy, presse the gold downe close. And if you will haue the forme of an Hart, or the name of Iesus, or any other strange thing whatsoeuer, cut the same through a piece of paper, and lay the paper vpon your Parchpane and Tart: then make the void place of the paper moist with Rose-water, lay on your gold, presse it downe, take off your paper, and there remaineth behind in gold, the print cut in the said paper.

To bake Quinces. chap. 3.

Pare them, take out the coare, perboile them in water till they be tender, let the water run from them till they be dry: Then put in euery coffin one Quince, in it a good quantitie of marrow. Also take Sugar, Cinamon, and a little Ginger, and fill the Coffin therewith, close it, let it bake an houre, and so serue it.

To keepe Quinces vnpared all the yeere. chap. 4.

Take ripe Quinces, and at the great end cut out a simple, then take out the coare cleane, and stoppe the hole againe with the same stopple (but pare them not) & perboile them a little, take them vp, and let the water draine from them, then put all the coares, and some of the smallest Quinces in little peeces all to cut, into the water where in all the Quinces were perboiled, and let them sate till the liquoz be as thicke as molten size that Painters occupie, then take it from the fire and let it cole: in the meane season couch your cold Quinces in a barrell, or in an earthen pot, the great end downward (if the stopple be out, it makes no matter) and one vpon another. Then put the liquoz in, that it be an handfull ouer and aboue them: Couer them close, and after 4. or 5. daies looke to them, and when you see the liquoz sunke downe, put in more of the same, which you purposely kept to couer them, as befoze: then lay a board vpon them, & a stone, that they rise not, and couer the vessell close with a thicke cloth folded that it take no aire, so let them remaine. And when ye intend to occupie some of them, vncover the vessell, and ye shall find a creame couering the whole liquoz, bzeake it in the middelt, turne it ener with your hand, then take out your fruit in order, beginning in the midst first, then by the sides, so that you remoue none, if it may be, but those that they take away: and euery time you bzeake the creame, turne it ouer again into his place, for you must know, that the creame keepeth out the aire, and keepeth in the strength of the Arror, therefore it ma-
keth

of hidden Secrets.

keeth much to the conseruation of the fruit to faue it, and also to see the bestell close couered. Also, when you will bake your Quinces, wash them well and cleane in warme water, and bake them as befoze is written.

To make Vineger of Roses.

In Sommer time when Roses blow, gather them, ere they bee full spread or blowne out, and in dry weather, plucke the leaues, let them lie halfe a day vpon a faire boord, then haue a bestell with Vineger of one or two gallons (if you will make so much Roset :) put therein a great quantitie of the said leaues, stop the bestell close after that ye haue stirred them well together : let it stand a day and a night, then diuide your Vineger and Rose leaues together in two parts, put them in two great glasses, and put in rose leaues enough: stop the glasses close, set them vpon a shelve vnder a wall side on the Southside without your house, where the Sunne may come to them the most part of the day; let them stand there all the whole Sommer long, and then straine the Vineger from the Roses, and keepe the leaues, and put in new leaues of halfe a daies gathering, the Vineger will haue the more odour of the Rose.

You may vse in stead of Vineger, Wine, that it may ware rager, and receiue the vertue of the Roses both at once.

Pozeouer, you may make your Vineger of Wine, White, Red, or Claret : but the red doth most binde the belly, and the White doth most lose.

Also, the Damaske Rose is not so great a binder as the red Rose, and the White loseth most of all : Whereof you may make Vineger roset.

Thus also you may make Vineger of Violets, or of Elderne flowers: but you must first gather and vse your flowers of Elderne, as shall be shewed hereafter, when we speake of making conserue of Elderne flowers.

To make Paste of Sugar, whereof may bee made all manner of fruits and other fine things with their forme : as Plattes, Dishes, Glasses, Cups, and such like things, wherewith you may furnish a Table, and when you haue done, you may eat them vp. A pleasant conceit for them that sit at the Table. cap. 6.

Take

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Take Gum Dragant, as much as you will, and steape it in Rose-water untill it be mollified, and soꝝ foure ounces of Sugar, take of it the bignesse of a beane, the iuyce of Limons, a Walnut shell full, & a little of the white of an Egge: but you must first take the Gum, and beat it so much with a pestle in a morter of white marble, or of brasse untill it become like water, then put to it the iurce with the white of the egge, incoꝝpozated well together. This done, take foure ounces of fine white Sugar well beaten to powder, & cast it into the morter by little & little, untill it be turned into the forme of passe: then take it out of the said morter, & bray it wth the powder of Sugar, as it were meale or flower, untill all be like passe, to the end you may turne it, & fashion it, which way you will: when you haue brought your passe to this forme, spread it abroad with Cinamon vpon great or small leaues as you shall thinke it good, and so shall you forme and make what things you will, as is aforesaid, with such fine conceits as may serue at Table, taking heed that there stand no hot thing nigh vnto it. At the end of the banquet they may breake all, & eat the platters, dishes, glasses cups, and such like: for this passe is delicate and sauiourous. If you will make a thing of moze finenesse than this, make a Tart of Almond, stamped with Sugar and Rose-water of like sort that Parchpanes be made of: this shall you lay betwene two passes of such vessels, or fruits, or some other thing, as you thinke good.

To make Orenge Comfers. chap. 7.

Take Orenge pillings, lay them in faire water a day and a night, then seeth them in white Wine: then take them out of the Wine, and put them in an earthen pot, & put therein Sugar, Cinamon, Cloues, and Pace whole, and seeth them together without any other liquor, and so it is made.

To make fine blanch powder for roasted Quinces. chap. 8.

Take fine Sugar halfe a pound, beaten in a hot morter to fine powder, of white Ginger pared halfe an ounce, of chosen Cinamon a quarter of an ounce, beaten ready to fine powder, mixe them well together, and if you will haue it most excellent, cast two spoonfull of Rose or Damaske water in beating of the Sugar.

To preserue Quinces in sirrop condite, alway ready to bee serued in whole, in quarters. chap. 9.

After your Quinces are coared and pared, seeth them till they be tender and soft: then lay them out till they be cold, in the meane time

time, take of the same liquoz two quarts oz more, (according to the number of your Quinces which ye will keepe) & put therin the coares and some other small pices, seethe them in the liquoz, to make the sirrop strong: straine them, and put into the liquoz, being two oz thre quarts, one pint of Rosewater, and for every quart of liquoz one pint of Rosewater, and for every quart of liquoz, one halfe pound of Sugar, seeth them again together on a soft fire of coales, till the Sugar be incorporated with the liquoz, the put in your Quinces, let them seethe softly till you perceiue that your sirrop is as thicke as life Honey, then set them to cole, and take them out, lay them in a tray oz platter till they be cold: then take one ounce of bruised Cinamon, and some whole Cloues, put them with some of the Cinamon into the sirrop, and when it is cold, lay a lard of Quinces in your glasse (called a gesselin glasse) oz in an earthen pot well glazed: then strewe a little of your Cinamon vpon your Quinces, then powre some sirrop, lay on another lard of Quinces, and againe of your spice and sirrop, and so forth, till you haue done, and couer them two fingers ouer with sirrop aboue, couer them close: and within thre oz foure dayes looke to them: and when you finde the sirrop shrunken downe, put in more, and so reserue them. These are to be serued in with sirrop. See that the Quinces be tenderly sodden, and the sirrop thicke and strong enough.

Plummes condict in sirrop. chap. 10.

Take halfe a pound of Sugar, half a pint of Rosewater, and a pint of faire raine water, oz of some other distilled water, seethe the Sugar, and the two waters vpon a soft fire of coales till the one halfe be consumed: then take it from the fire, & when it leaueth boiling, put therein halfe a pound of ripe Damascins, oz other plums, and set it againe on the embers, and keepe it in like heat, till the plums be soft by the space of an houre, if need be: then put in some Cloues bruised, and when it is cold, keepe it in a glasse, oz in an earthen Gallipot: the stronger the sirrop is with Sugar, the better it will continue. Some put into the sirrop Cinamon, Saunders, Nutmegs, Cloues, and a little Ginger, seethe them not hastily, for feare of much breaking.

To make Walnuts of sirrop. chap. 11.

Take your Nuts ten daies befoze Midsummer day, lay them in water, and change them morning & euening, till nine oz ten daies be past, then pare off as thyn as ye can the vtter rinde, but the very

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ground of them, and seethe them in such sirrop as ye doe Drenges, and when it is sodden, ye must kepe them in a new sirrop of the same making, or else make a sirrop to seeth them in of clarified hony, take raine water, for lacke of that, take other water, take thre times as much water as ye do hony, and seethe it long and softly, then as the skim doth rise, take it off, and so let it seethe til it be clean scummed, and assay it vpon your naile, if it sticke there, it is thicke enough, else not: there is all, and seethe your Putts therein and put them in a sirrop of Sugar.

To make Marmalad of Quinces. chap. 12.

After that your Quinces are sodden, ready to be kept condit, as befoze in the chapter is witten, the with some of your liqur wher in they were sodden (but without any spice) beat them, and draw them as ye would do a Tart: then put some ouer the fire, and seethe them softly, & in seething strew by little and little of powder of Sugar, the weight of the Quinces or more, as your taste shall tell you, stirre it continually, put thereto some pure Rosewater, or Damaske water, let it seethe on height till it be well standing, which thing ye may know, by taking some of it vpon a cold knife, and let it coole: if it be stiffe, then take it off, and boe it while it is warme, and set it in a warme and dry aye: if you will gild your Marmalade, do as afoze is spoken of a Marchpane.

The best making of Marmalade, is when the Quinces haue laine long, and are thorough ripe, and very yellow, as in Lent season.

And for as much as Quinces are binding, and therefore not good for some sicke folks costue, it is necessary to put a good many of ripe Apples of good verdure, as Renet, Pippin, Lording, Russeting, Pomeriall, Rex Pomorum, or any other Apple that is pleasant raw, among them, being first drawne from a Tart, and then sodden among the other matter of Quinces. Thus shall you make your Marmalade somewhat souple, and also increase the quanty and vertue of the same, especially if it be well dashed with sweet water.

To make Marmalade of Damascins or Prunes. chap. 13.

Take Damascins which are ripe, boile them on the fire with a little faire water, untill they be soft: then draw them thorow a course boulder, as ye make a Tart, set it on the fire againe, seethe it on height with sufficient Sugar as you do your Quinces, dash it with sweet water, &c. and boe it.

If you will make it of Prunes, do likewise put some Apples to it

it as you did to your Quinces. This wise you may make Marma-
lade of Warders, Peares, Apples, and Medlers, Cernise, Cherries,
or Strawberries, enery one by himselfe, or else mix it together as
you thinke good.

To make Succade of peeles of Orenge or
Limmons. chap. 14.

First take off your peeles by quarters, & seethe them in faire wa-
ter, from thre quartes to thre pints: then take them out, and put to
as much more water, and seeth them likewise, and so do againe, till
the water wherein they are sodden haue not bitternesse at all of the
peels, then are they ready. Now prepare a sirrop as ye do for
Quinces condit in the sirrop, in the 9. chap. before written, seethe
them in a glasse or pot.

To make Greene Ginger. chap. 15.

Take the rases of cased Ginger of the fairest, and vse them as
followeth: Lay abroad lane of faire sand vpon a low dooze on the
ground, halfe a foot thicke, then lay your rases of Ginger vpon the
sand in order, couer the Ginger with more sand, fonte or five inches
thicke, sprinkle the sand ouer with faire water twice every day, that
it may be moist, thus daily do till ye shall perceiue your rases to be
soft. Then take vp your rases, wash them, and scrape them cleane,
haue a sirrop ready made, as is aboue said, seethe them in it till they
be well seasoned: take them vp, and with some of the sirrop cast them
or put them into a pot of stone.

To make Manus Christi. chap. 16.

Take halfe a pound of fine white Sugar, put therto foure ounces
of rose water, seeth the vpon a soft fire of coales, til the water be co-
sumed, & the sugar is becom hard: the put therin a quarter of an ounce
of the powder of Pearls, stir them together, put for euery sponful a
peece of a leafe of gold cut of purpose, cast them vpon a leafe of white
paper, being first anointed with sweet Butter for cleauing too.

To make Aqua Composita. chap. 17.

Take 4. gallons of the best Ale, drawne fro the yeast 24. houres
after it hath stood tuned, & put it into a close vessel, wherein you shal
put these herbs following, and 4. ounces of Licoriz scraped & bzui-
sed in a mortar, & so much Anniseed wel garbled, then stir them to-
gether twice a day for the space of thre daies, & let them stand 24.
houres after: then put them into the stilling pot, and (if you please)

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you may also put in the lees of Palmesley or Sack, or any other distilled waters, but fill not your pot too full, then set on your Limbeck, and close it fast to the pot, and keep a soft fire vnder it. These are the herbs with their quantities.

Asop, Time, Rosemary, Sage, Parsly, Borage, Langdebeefe, red Fennell, Sorrell, Harts tong, Bayleaves, Buglosse, Scabias, Marigold, Costmary, Kibwort, Sentoze, Liuerwort, Fumitorz, of each a handfull.

Parlerum gentle, Bassil, Mints, Champagne, Woodbind, Patience, Valerian, Endiue, Wormewood, Penitroyall, Cammomill, of each halfe a handfull.

To make Aqua vitæ. chap. 18.

Take foure gallons of strong Ale or wine lees, and put them in a vessell, & couer it well: then put to it thzee or foure handfull of Rosemary, Penitroyall, Liuerwort, Harts tongue, or any other good herbs, and stir them together twice or thrice a day, for the space of foure daies: then put them in a brasse pot, and fill with a temperate fire, for else you burne your pot and lose your Aqua vitæ, which will stinke and looke red: Also, looke you keepe your water in a temper, and when it is very hot, let it out, and put in cold water againe into the upper part of the Limbeck, and so change your water as it warreth hot.

Take a spoonfull from vnder the spout, and light it with a paper, and if it burne cleane out it is god, else not.

How to make diuers necessary Oyles of great vertue. chap. 19.

Oleum Hipirici.

Take the tops of flowers of S. John wort that hath red inpee, thzee ounces, thzed them small, & lay them to steep in sweet Wine, as much as needeth thzee daies: then boile them in a double glass, close stopp, & presse out the liquor from them, which done foure times with fresh flowers, and a little more wine, if any be wasted, if not, take the wine the fourth time strained, put to it Terebinthij 3. ounces: of good Oile 6. ounces, and of Saffron a scruple, so let them boile till the wine be consumed: which powdered cleare out from the grounds, reserve to be used.

It is hot and dry, and binding, wherefore it healeth the cuts and wounds of the sinewes, taketh away the paine of the hips, thighes, and bladder, and helpeth the vrine.

Oile

Oile of Rue.

Take blossoms and tops of Rue so many as you list, which small shred, put into some glazen vessell, & poyze out so much sweet Oile as will couer them, and close stoppt, let it stand in the Sun, or in some other hot place five daies: then boile it, and being strained from the herbs, take so many fresh herbs, and vse it as aforesaid foure or five times, and reserve it to vse as aforesaid.

It is hot, opening, resolving, and mitigating paine: it heateth the reins, bladder, and Matrix, it taketh away the paines of them, and the Collick, if the belly be anointed therewith, or a glister made therewith, it is good for the sinewes, helpeth the Cramp, and putteth away cold humors.

Oile of Dill.

Take the flowers and leaves of Dill, &c. as afoze of Rue. It mitigateth paine, openeth the pores, prouoketh sweat, resolueth vapors, impostumes, swellings, and hardnes in any place, and if the backbone be anointed, it easeth the paines and growing of Feavers.

Oile of Elder-flowers in the same manner.

It soupleth, cleanseth the skin, helpeth the weaknesse of the liuer, and the stopping of the same, and greatly allwageth the paine of the ioynts.

Oile of the leaues and flowers of Cammomile, as of Rue and Dill.

It is good against the pleurisy, openeth the pores, resolueth vapors, correcteth the euill quality of humors, and is good for the sinewes, and abateth the paine maruellously.

Oile of sweet Mints, as aforesaid.

It comforteth a weake stomacke, staies vomit, moues appetite, helpeth concoction, and taketh away loathsomnesse.

Oile of Wormewood.

It is hot, and comforteth the parts that are too much cooled, chiefly the stomack, prouoketh appetite, taketh away obstructions, and killeth wormes.

Oile of Roses and of Rose buds.

It is good against inflammations, it cooleth the burning and boiling of the stomacke, and fretting of the bowels, if it be giuen in glister, and to anoint the teeth, it taketh away the ach.

Of the Oile of Violet flowers.

It is good against all inflammations and heat.

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To make Oile of Earth-wormes.

Take of Earth-wormes halfe a pound, of good Oile two pounds, of sweet wine two ounces: boile all together untill the wine be quite consumed, then straine it and keepe it.

This Oile is good for the sinewes that are cold, and helpeth the paine in the ioynts.

Oleum benedictum.

Take of Oile two pound, Storax Calamit, Labdanum, Dilibanum, Saffron, Gum Arabick, Gadder, gum of the Iup tree, Aloes Succotrine, Balsick, Cloues, Galingale, Cinamon, Nutmegs, Cubes two ounces, Gum Clamy a pound, Pirche Bdelium halfe an ounce, Galbanum six ounces, Spike an ounce, rosin of the Pine tree, Armoniack, Opoponax two drams: beat all to powder that is to be beaten and mix it with the Oile, and put all into a Stilliory of glasse, with the head and receiuer so closed that no aire come out, setting your Limbeck vpon a soft fire twelue houres, increasing your fire from six houres to six, till all be killed. This done, beat all the residue in the bottom of the Stil to fine powder, & with the same Oile distill it the second and thirde time as afoze, and it shall be as it were Balme.

It is good against Crampes, Palsies, paines of the ioynts, cold Catars, Greene wounds & blcers, it comforteth the spirit, openeth obstructions, one drop in the eare helpeth the hearing: A Rose-cake dipped in it and laid to the Temples, helpeth the Pegrin, and taketh away the swimming of the head: an ounce in sweet wine drunke 3. daies together, cureth the disease of the Lungs and the quartaine Feauer. If you giue a spoonfull with wine thirty daies with a little powder of Pione roots, it helpeth the falling sicknesse: so that if the cozonal commixture be also anointed, it easeth the paine of the french Pocks, and is good against the stinging of any venomous beasts, and for all diseases of the sinewes.

To make conserue of Roses, or other flowers. chap. 20.

Take buds of red Roses somewhat before they be ready to spread: cut the red part of the leaues from the white, and beat and grinde them in a stone morter with a pestle of wood, and to every ounce of Roses, put three ounces of Sugar in the grinding: (after the leaues are wel beaten) and grinde them together till they be perfectly incorporated, then put it in a glasse made of purpose, or else into an earthen pot.

of hidden Secrets.

pot, stop it close, and so keepe it. Thus ye may make Conserues of all kinde of flowers commonly vsed for Conserues.

The vertue of Conserue of Roses.

Conserue of Roses comforteth the stomacke, the heart and all the bowels, it mollifieth and softneth the belly, and is good against black Choler and Melancholy. Conserue of white Roses doth lose the belly more than the red.

To make conserue of Violets. chap. 21.

Take the flowers of Violets, and pick them from the stalke, beat and grinde them with suger as you did your Roses: to these put double the weight of Suger to the weight of Violets, but to all flowers put thre parts of Suger to one part of the flowers.

The vertue of the same.

Conserue of Violet flowers is good against the heat and inflammation of Choler, called yellow choler, it quencherh thirstinesse, it maketh the belly moist and soluble.

The vertue of conserue of Buglosse. chap. 22.

Conserue of Buglosse flowers comforteth the heart, it is good for the frantick, and for the melancholy: it is good for the Sincop and swooning, it taketh away heart burning, and trembling of the heart of stomacke, it profiteh against choler.

The vertue of conserue of Borage. chap. 23.

Conserue of Borage flowers is of like vertue, it is especially good against blacke Choler or Melancholy, it also maketh one merry.

The vertue of conserue of Rosemary. chap. 24.

Conserue of the flowers of Rosemary, comforteth the cold and moist braine, it comforte also the sinewes, it is good against melancholy and Rheume.

To keepe Cherries, condict, or Gooseberries. chap. 25.

Make your sirrop as for Plums, then take halfe a pound of Cherries, and cut off halfe the length of the stalke of euery Cherry, put them into the sirrop, and vse them as you did the Plummies, put in what spice pleaseth you, and so keepe it as before is witten: but make your sirrop strong enough of Suger, lest it war hoys and corrupt: then must ye make a new sirrop stronger of Suger, & put the Cherries in it to keepe, as before is said: Thus may ye do with Gooseberries to make of them Tarts or sauces all the yeare long, sauing that Gooseberries

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Berries may be well sodden without breaking, because of their rough skinned, so it be softly and diligently done.

To make a Conserue or Jelly of Quinces, after my Lady

Gray Clements sort, vnstrained. chap. 26.

Take six pints of faire water, put in a faire vessell, put thereto the whites of six egges, and with your hand all to beat the water and the egges together, till you shall see your liquoz rise with great some: then put into your liquoz six pounds of Sugar, to six pints of water, that is halfe measure, if ye make it at Michelmias or at Hollantide: after that, five pounds and a halfe of Sugar will serue six pints of water. Then set your liquoz, egges, and Sugar on the fire, and let them see the till the scum arise: then take it off and scu it clean and set it on the fire againe, and scum it still, as long as there will any foule thing or scum arise. Then put in twelue pound of Quinces with the coares taken out, so let them boile softly, and still scum it if any thing do arise: and when it beginneth to looke red, lay a drop of it vpon a paper, and when ye finde that it will stand vpon the paper, then it is sodden enough: then take it off, and let it run thorow a fine haire sieue into your bores, and with a spoone take off the froth aboue, and this will keepe, but it must see the soberly, and no rash fire, but a continuall reasonable fire.

To preserve Quinces all the yeare, as it was vsed for

King Edward. chap. 27.

Take your Quinces and pare them, and see the them in cleare water till they be tender, then put the water from them: then take Sugar, and put water to it, to a pound and a halfe of Sugar put halfe a pint of rosewater, so see the them together till it be thick like a sirrop, and see the them all till they be browne. Then take out the Quinces, and let the sirrop see the againe till it be somewhat thicke, as ye see the sirrop of Greene Ginger. Then put in your Quinces againe, and let them see the thre or foure Pater Noster whiles, then take them from the fire, and put them in a stone pot, or a little vessell of wood, and thus keepe them all the yeare: If you list to put Cinamon, you must put to euery five pound of Sugar one ounce of Cinamon, and if you haue no store of Rosewater, ye may make the same sirrop of running water, but it will not be so pleasant as rosewater, but it will doe very well.

To make Quinces in sirrop. chap. 28.

Take

Take thirtie Quinces, and take out the coares of them, and pare them, and euer as they be pared, cast them in faire water: when they are all pared, take a pot of faire water, and put your Quinces in it, let them sêthe till they be so tender that ye may put a straw or rush thow them: then take to your Quinces five or six pounds of Sugar, and take some cleane water, as much as ye thinke will couer your Quinces, and put into this water your Sugar, and foure or five whites of Egges all to beaten, so that there may rise vpon them a froth. Then put them so dresed into your water with Sugar, and let that stand vpon the fire, till it hath sodden a hallop or twaine. Then take a peece of a woollen blanket, and powze this water thow with Sugar and all: then put this water into a faire pot, and the Quinces together, and let them sêth till your Quinces be very tender, and euer as there riseth any white or any thing, scum it off cleane. Then take out your Quinces, and let your sirrop boile till a spoone will stand in it, and when your sirrop is cold, put in your Quinces and stop it close, and within thre daies loke vpon it againe, and if the sirrop wax thicke, take more water and Sugar, and dresse it as afoze witten, and when you haue put it thow a cleane cloth, then take the quinces and the new sirrop, and put all together, and let them sêthe a while: then take out your Quinces and let the rest sêthe till it come to a sirrop, and when your sirrop is cold put your Quinces in, and so kepe them all the yeare, but befoze that your sirrop be thicke enough, or else it will marre all: you may not put in your Quinces at the second sêthing, till your sirrop be somewhat thicke, for they be not put in to sêthe, but to soake out the watrinelle of the first sirrope, and therefore they may sêth but a little while of the second seething.

To make conserue of Damsons. chap. 29.

Take Damsons and wash them in faire water, and drie them with a cloth, and put them in an earthen pot, and fill your pot with them, and couer your pot with a peece of paffe, and put your pot in an empty Ouen, which was filled with bread, & then put in your pot after the bread is out, & stop it very close, & let it stand foure houres. Then take it out, and put your Damasins in a peece of thicke Canvas, and let the liquoz that runneth from the, come into a faire pan, & in any wise breake not the Damasins that be in the cloth to haue more

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more liquoz; for you must haue no liquoz but that which cometh from them. Then take a faire boyling pan, and put your liquoz in it; and put to it as much beaten Suger of the finest, as ye thinke will make it sweet; and seethe it vpon a quicke fire, and when ye thinke it is enough, take a sawcer, and with your stirring sticke let a drop fall vpon your sawcers side, & if it be enough it will be somewhat stiffe. Then take it from the fire and put it into your bor, also you must stirre it still.

To preserve Damascins: chap. 30.

You must take for euery pound of Damascins halfe a pound of Suger. First make your sirrop with Suger and rosewater, and when you haue boyled it a while, then put in your Damascins, so that they lie not too neare together, so let the boile till they be red at the stone, then take them out, and put them in a platter; & then put in more to the same sirrop, and let them boile as the other did; and when they be all boyled and cold, close the skimes as close as ye can, & powze on the liquoz being hot, and so let them stand a while or euer that you put them into the glasse.

To make Wardens in sirrop: chap. 31.

Take Wardens, and cast them in a faire pot, and boile them till they be tender; then take them by and pare them, and cut them in two or three pices, and take powder of Cinamon a good quantity, and put it in red wine, and straine them, and cast thereto Suger. Then put it in an earthen pot; and let it boile together, and when they are well boyled, take powder of Ginger, and colour it with saffron, and looke that it be pognat and dulcet.

To make Prunes in sirrop: chap. 32.

Take Prunes, and put Claret Wine to them, and Suger, as much as you thinke will make them pleasant; let all these seethe together till ye thinke the Liquoz loke like a sirrupe, and that your Prunes be well swollen; and so keepe them in a vessell as ye doe greene Ginger.

The vertue of conserue of Succorie: chap. 33.

Conserue of Succorie is good against yellow and blacke Choller, and for the burning and heat of hot feaues.

The vertue of Conserue of Elderne flowers: chap. 34.

Conserue

Conserue of Elder is good against the Gorphew, it cleanseth the stomacke and the whole body from scabs.

Gather the clusters or bunches wherem the flowers grow, when they are new blowne or spred, lay them vpon a faire sheet abroad in a chamber a day or two, till ye shall perceiue the flower will shake off and fall away: then pick them cleane, and make thereof conserue as you do of other flowers.

And whereas it is more wholesome than pleasant, therefore put some other conserue (such as ye list) amongst it when ye will vse it.

The vertue of Conserue of Sorrell. chap. 35.

Conserue of Sorrell is good against all kinde of heats of the stomacke, and other principall parts of the bodie, and against yellow Choller.

Take leaues of Sorrel, wash them cleane, and shake off the water cleane, or else tarry till the water be dried cleane: beat them and grinde them with Sugar, as aboue, and then keepe them.

The vertue of conserue of Maidenhaire. chap. 36.

Conserue of the leaues of Maidenhaire, is good against the sicknesse of the side, called the Pleurisie, and for all the diseases of the breast, and of the lights, and in all maladies of Melancholy and against red choller.

Make it as ye doe conserue of Sorrell.

To make conserue of Elicampana roots. chap. 37.

Take the roots of Elicampana, wash them cleane, slice them into peeces as big as your thumbe, seethe them in faire water till they be tender, take them vp and powne them, and draw them throught a haire sine: put thereto in the second seething the double or treble weight of Sugar, and when the Sugar is perfectly incorporated, take it off, and keepe it.

The vertue of the same.

Conserue of Elicampana is a good comfort to the stomacke, and nourishing of the members, it maruellously looseth tough steame, dissollieth and consumeth the same, by the siege it auoideth it.

To make conserue of Acorus or Gladen, with the vertue of the same. chap. 38.

Take the rootes of yellow Flower-de-luce: which groweth in moist ground, other wise called Flagge root: wash them and scrape

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them, seeth them, and order them as ye do of Elicampaña, now last befoze rehearsed, and so keepe it. This conserve is good against all sicknesses of the braine, and sinewes, & against all diseases of steame. Unto women it openeth naturall course and tearmes.

And you must generally learne, that in making conserves, fruits and roots are made with fire and seething: Wherefore, the more Sugar and honey is put into them, so it be not past three pound to one, the conserve shall continue the better.

To make conserve of Strawberries, with the vertue of the same. chap. 39.

Take Strawberries one quart, cleane picked and washed, set them on the fire till they be soft, straine them, put thereto two times as much Sugar in powder as the weight of the Strawberries, put it in a glasse or earthen pot well glazed.

The vertue of the same.

The conserve of Strawberries is good against a hot liver, burning of the stomacke, and specially in the fervent heat of an ague.

To make conserve of Cherries and Barberries. chap. 40.

In like sort you must make conserve of Cherries, & also of Barberries, saving that these require more Sugar than the other doe, which are not so sowre as they be.

Here is to be noted, that of conserve of fruits may be made Parmalade: for when your conserve is sufficiently sodden, and ready to be taken off, then seethe it more on height, and it will be Parmalade. Wherefore, some make their conserve, Parmalade and sirrops with cleane Sugar, some with cleane honey clarified, some with Sugar and honey together: and after the opinion of some great Clarkes, honey is more wholesome, though it be not so toothsome as Sugar.

To make all kinde of sirrops. chap. 41.

Take Buglosse, Bozage, white Endive, of each one handfull, of Rosemary, Time, Hyssop, Winter Savoy, of each halfe a handfull: seethe them (being first broken betwene your hands) in three quarts of water, unto three pints, then straine it, and put in the liquor whole Cloves an ounce, powder of Cinamon halfe an ounce, powder of Ginger a quarter of an ounce, one Nutmeg in powder, of Sugar

Suger halfe a pound and more: let them sath vpon a soft fire, well stirred for burning to, vntil it come to the thickeesse of life Honey, then kepe it in Gally pots. If you put one pint of Palmesey in the second sathing, it will be better. When it is perfect, haue six graines of fine Muske in powder: stirre it among your sirrop as ye put it into your Gally-pot, and couer it.

This sirrop will last many yeares, and is excellent against coting and faintnes of heart: it comforteth the bzaines and sinewes, if it be vsed as much as a Hazel nut at once, at your pleasure.

A Violet powder for woollen Clothes and Furres.

chap. 42.

Take of Treas two ounces, of Calamus Aromaticus three quarters of an ounce, of Cypres, of Galingals, of Spikenal, of roseleaves dried, of each a quarter of an ounce, of Cloues, of Spike, of Lauender flowers, of each halfe an ounce, of Pigella Romana a quarter of an ounce, of Benjamin, of Storax Calamit, of each halfe an ounce, let them be all finely beaten & searced. Then take three or three graines of Muske, dissolue it in Rose-water, and sprinkle the water vpon the powder, & turne it vp and downe in the sprinkling, til it haue drunk vp the water: when it is dry, kepe it in bags of silke.

A sweet powder for Nipery, and all linnen clothes.

chap. 43.

Take of sweet Mariorum (that which is hoary is the sweeter) when it hath in him seeds ripe, cut the branches, so that the root may spring againe: when the Mariorum is dried, then rub out the seeds, and kepe them to sow about Caster, and the huskes and leaues that grow about the seeds take for your purpose, rub the small, (for if you beat them to powder in a mortar, they will lose the most part of their sauiour) then take of white Saunders, or gray Saunders, but loke that they be new of right sweet odour, for if they be old and haue no pleasant and quicke odour, they are nothing worth. Take (I say) of these sweet Saunders beaten into fine powder, an ounce, and put it into an ounce of your sweet Mariorum, rubbed betwix your hands, as before is said, and if you put one or two graines of Muske there, unto for your wearing Linnen, it is the better: sow these vp in a silk bag together, & lay it among your linnen: of such bags haue a dozen

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or two, which there will continue many yeares, and when you looke to your linnen, then chafe each of the bagges betwene your hands that they may yeld out their sweet odour. Moreover, in the Summer time gather red roses in faire weather, so soone as they be blowne and opened, lay them vpon a table, a bed, or faire floore of boords, and now and then remoue them, lest they mould and waxe fustie. When they are dry, picke off the leaues, that you may haue two pecks of them, then strew them among and betwene the boughes, and foldings of your linnen, with one handfull of dry Spike flowers to six handfull of dry roses, and lay your sweet bags amongst them. Be sure that your linnen be euer thorow dry ere euer yelap the by, or else the roses will waxe hoze: set your coffer in a dry ayre, and in the winter time or wet weather, when you perceine your roles to waxe moist, then put them in a pillow-bere or twaine, that they fall not out, and lay them vpon your bed betwene the couerlet and the blanket all night, or else before the fire, let them dry and strew them againe. Moreover, ye must alwayes haue a bag full of dry roses in stowe, kept in a dry aire: for if he lose his rednesse, then loseth the rose his sweetnesse. Finally, you must euery yeare put away your old roses, and occupy new, but keepe your sweet bags still many yeares.

To make a Pome-amber. chap. 44.

Take Benjamin one ounce, of Storax calamite halfe an ounce, of Labdanū the eighth part of an ounce, beat them to powder, & the put them into a brazen ladle with a little Damask or rose-water, set them ouer the fire of coales til they be dissolued and be soft like wax, then take them out and chafe them betwene your hands as ye do wax: then haue these powders ready finely searched, of Cinamon, of cloues, of sweet Saunders, gray or white, of each of these thre powders halfe a quarter of an ounce, mix these powders with the other, and chafe them well together, if they be too dry, moisten them with some of the rosewater left in the ladle, or other: If they waxe cold, warme them vpon a kniues point ouer a chafindish of coales: then take of Amber-greece, of Muske and Cinet, of each thre graines, dissolve the Amber-greece in a fluer sponne ouer hot coales, when it is cold make it small, put to it your Muske and Cinet: then take your Pome that you haue chafed and gathered together, and by little and little (with some sweet water if need be) gather by the Amber, Muske and Cinet, and mix them with your ball, till they be perfectly

fectly incorpozated, then make one ball or two of the lumpe, as yee shall thinke good, for the waight of the whole is about two ounces, make a hole in your ball, and so hang it by a lace.

If you perceine that the ball is not tough enough, but too brittle, then take a curtesie of Storax liquida, and therewith temper your ball against the fire, but take not too much Storax liquida, because it is too strong. Or the better way is to haue some Gum, called Dragaganthum ready dissolved in sweet water, it will be dissolved in two daies, and with that gather your ball with the heat of the fire: this ball will be of like goodnesse within as without, and of great price.

Some men put in the making hereof three or foure drops of Oyle of Spike, beware of too much because it is very strong.

When you will haue your ball exceed in sweetnesse, break it and haue two or three graines of Muske, or Cinet, or Amber græce, as you delight in, or altogether dissolve them in Rose or Damaske water, and with the same chase your Ball ouer the fire, till it bee drunken in, then pearce a new hole as before.

To make a fine Fumigation to cast on the

Coales. chap. 45.

Take of Benjamin one ounce, of Storax Calamit halfe an ounce, dissolve them as for a Pomander: then haue ready these woods, powders, or one of them, Ginger or Cypres, or of white Sainders, and Cloues, of either halfe a quarter of an ounce, all in fine powder: mix them all together, and with some Storax liquida, gather them together with the heat of fire: then make them round, of the bignes of a blacke floe, & with your selfe print it a cake, while it is warme and soft.

Of these cast one or two vpon a chafin dish of coales, to purge all pestiferous and corrupt ayre out of your house: if you put to the other things the powder of Amber beads, it will be the sweeter. Some put also Labdanum, as before said, in making the Pomander, herein so as the saour shall please you.

To make the same in Oylers. chap. 46.

Take a little of fine powder of Sallow, of willow coales, mix with it some of your fumigation last before named, in the making, worke them well together, then fashion it with three or foure feet, like a Cloue, and when it is dry, kindle the end of it at a quicke coale, and it will yeeld a sweet saour: put not too much coales

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for then it will sauer of them; put not too little coales, for then it will not keep fire; put not too much *Storax liquida*, for then it will be too brittle and too moist, and will not lightly dry: therefore it shal be very well to haue some Gum of the Cherry-tree, or Plum-tree, which they call Gum Arabicke: dissolve some of it into sweet water, till it be liquid and tough: with this gather your Asselets, or other Fumigations.

A moistfume vpon a fuming dish. chap. 27.

Take a peece of Pomeamber, as big as a Hazell nut, bryse it, put it into your fuming dish, with sweet water: put thereunto a few Bay leaues, as much of dried Basell leaues, a little Rosemary, and set it ouer the fire vpon a cupbord, or else in stead of the Pomeamber, put two or thre of the Cakes befoze written, broken small, and nine or ten whole Cloues: and if you will haue it excellent sweet, then put one or two graines of Muske, and let the leaues and them stand ouer the fire together, as befoze is said.

A Fumigation for presse and clothes, that no Moath shall breed therein. chap. 48.

Take of the wood of Cypres, or of Juniper, of Rosemary dried, of Storax Calamite, of Benjamin, of Cloues, a like weight, beaten into fine powder, then take of the powder of Wormwood leaues dried as much as all the others, mix them well together, cast thereof vpon a chafing dish of coales, and set in your presse, and shut it close: and thus do oftentimes, till you haue well seasoned your presse or coser.

Aperlume for a Chamber. chap. 49.

Take Rosemary, sweet Marjorum, Bayleaves, of each a handfull, a pennitworth of Cloues, Vineger and Rosewater, a sufficient quantity, boyle these in your perfuming pot, which smell is sweet and wholesome.

A perfume of Damaske. chap. 50.

Take Storax Calamite five ounces, Benjamin, Labdanum foure ounces, Cinamon one ounce, Muske foure graines, cloues a dramme, Rosewater halfe a pound, stamp them together, and when you will occupy them, put them into your perfuming pan, and boyle them.

An odoriferous sweet ball against the plague. chap. 51.

Take Storax, Labdanum, of each a dram, Cloues halfe a dram, Camphire halfe a scruple, Spicknard a scruple, Nutmegs a dram,
of

of al these make a passe with Rosewater, tempered with Gum Dragagant and Gum Arabick, stirring and brusing them well; of this passe make your balls, and warme them.

An odoriferous white powder. Chap. 52.

Take Trios elect three ounces, White Saunders two ounces. Damaske Roses, Lignum Aloes, Benjamin, Cypri Alexand. of each two ounces, Muske souregraines, Cinet three graines; beat and sift them by themselves, and incorporate them in the same mortar you beat them in, and keepe it in a vessell well stopped.

A fine redde powder. Chap. 53.

Take Damaske Roses two ounces, Sandali Attrin one ounce, Ligni Aloes, Ligni Alex. of each a graine, fine Muske three drams, Cinet two drams: mixe them and beat them, and keepe them together as before.

A sweet blacke powder. Chap. 54.

Take Cypri Alexand. Ligni Aloes, of each halfe a dram, Sandali Citrini, Damaske Roses, of each one ounce, Cloues three graines, Muske three graines, and as much Cinet; beat these together, and keepe them close in a violl well stopd.

A powder wherewith to make sweet water. Chap. 55.

Take the wood of Cipzelle, or the root of Calingale one quarterne, of Calamus Aromaticus one quarterne, of Dace or Iris one quarterne, of Cloues one quarterne, of Benjamin one quarterne: or ye may take of each of these 1. ounce for a portion, let al be beaten into powder, and when ye will distill your roses, fill your still with rose leaues, and a few Spike flowers, and upon the top of some, throw some of your powders, and so distill them.

Some put a little of the powder of Nigella Romana, to the other powders.

These Cakes will be very sweet, put the water in a large glasse, and to the pot put twelue graines of Muske, let it hang in the midst of the water, in a thin linnen cloath with a thred, let it in the Sunne twenty or thirty daies, then take the glasse in, & let it in a dye ayre.

Conclusion and rules to be vsed in distilling, and the ordering of each hearbe or flower before they be distilled. chap. 56.

First, a soft fire maketh sweet water, and the sweetnesse to continue strong.

D

Secondly,

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Secondly, coales Still the best water.

Thirdly, wash nothing that you will Still, but wipe it with a cleane cloath. Fourthly, all hearbs, flowers and seeds, must be gathered when the dew is off them.

5. That which you will Still, must lie at least six houres befoze you Still it.

6. All spices corrupt your water, except Amber, Gzece, Ciuet, and Muske.

7. Scumme your water well.

8. Keepe your Still very cleane.

9. Wash your Still, but not often, and then drie it with a cloath.

10. The glasse Still is best, the Tinne next, the earth not so good as the Tinne, and the Leaden is worst of all.

11. Tender flowers, as Violets, Gilliflowers, and such like, would be distilled in a Glasse.

12. All compositions must be stopped close befoze, and in Stilling diligently weighed or measured.

13. Liquid waters must haue greater fire, the dry & light waters.

14. Still not your glasse too full.

15. Put stoz of ashes under your Still, that your Still burne not

16. Wipe the bypper part of the Still often, but specially the ridge

17. Diligence in looking to all things.

18. Borage must be distilled: the hearb with the root chopped together.

Hyssope, the leaues stripped from the stalks, when it beares blew flowers.

Cammomile, the hearb and flower chopt together in the midst of May.

Dill, the hearb in the beginning of May.

Fumitory, the whole substance chopped in the end of May.

Mint, either red or other, the hearb, stalks, and leaues chopped, in the middle of May.

Roses, the flowers, cutting away the white ends.

Rosemary, the flower, bud, and leaue, stripped from the stalks in May, in the flowering.

Sentory, the hearb and flowers chopped in the end of June.

Violets, the flowers in April.

Woodbind, the flowers in the beginning of June.

To make water of the same colour of the flowers
that you distill. chap. 57.

First, distill your water in a Stillatozy, then put it in a faire glasse,
and take the buds of Roses, and cut away the white, and put the
leaves into the Skilled water, then stop the glasse, and put it into the
Stillitozy to still, putting hearbs into the Still for feare of burning:
After this, straine the water from the leaves, and scum it well.

A compound water to perfume Gloues, or
other things. chap. 58.

Take Damaske water double stilled, a pound, Muske tenne
graines, Cluet thre graines, Amber-Grace foure graines, beat
all these together to powder, and put it into the water aforesaid, and
stop it close, and vse it without any moze stilling

To make Damaske water. chap. 59.

Take Damaske Roses, and Red Roses, of each a handfull, let
them drie foure houres in the shadow: then take two dzams of Lab-
danium, Nigella Romana, two pennie worth, Frios halfe an ounce,
Storax two dzams, Cloues an ounce, Benjamin, Calamus Aro-
maticus, Putmegs, of each halfe an ounce, Marisum, Bazell, of
each halfe a handfull: bruse the spire, and put it in Palmasey, or the
less thereof the space of foure dayes: then distill it and scum it four-
teene dayes.

Another manner of making Damaske water.
chap. 60.

Take of Arace, or Iris, of Spike flowers dried, of Cloues, of
each an ounce, make them in powder, put them together, with a
pint of new Ale in Coznes, and one pint of Rose-water in an ear-
then pot, put thereto a great many of greene Rose-leaves, let them
soake in a night-time stopped close: in the morning when you shall
distill, first lay other Rose-leaves in the bottome of your Stillitozy
for feare of cleauing too, then take off the Rose-leaves out of the pot,
and put them with other greene Rose-leaves, in your Stillitozy suffi-
cient, and to the water put Muske, as is aboue said: This water is
excellent to set forth a Tart, or Apple-Poyse, or Almond-butter.

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To make a sweet Damaske powder foure
manner of wayes.

Take two or thre handfull of dried Roseleaves, two graines of
Muske, halfe an ounce of Cloves, and beat all these to powder.

2 Another way.

Take six ounces of Orace, foure ounces of Cloves, two ounces
of Storax Calamite, an ounce of Labdanum, with two ounces of
yellow Saunders, and a little Muske.

3 Another way.

Take two ounces of Cloves, foure ounces of Sprunce, foure ounces
of Storax Calamite, foure ounces of roses, thre ounces of Ben-
iamin.

4 Another way.

Take thre ounces of Cypres, foure ounces of Benjamin, two
ounces of Coziander or Labdanum, thre ounces of Storax calamite,
two ounces of Roses, beat all to powder.

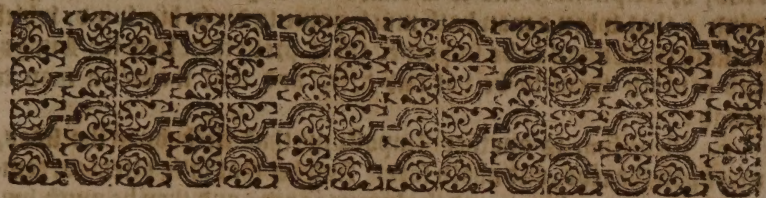
To make Pepper soft with the vertue of the same.

You shall doe this after the same manner as is shewed for græne
Ginger, in the 15. chapt. that is, with sand, and the like sirrope, sea-
son and keepe them. Ginger and Pepper in sirrope comforteth a cold
stomach, and helpeth much to good digestion.

To keepe Barberries.

Take clarified suger, and boyle it till it be thicke, which you
shall perceine, if you take a little betweene your fingers, it will rope
like birdlime, then put in your Barberries, and let them boyle with
a soft fire, untill you perceiue they be tender: then put them in a
glasse and couer them, and so keepe them.

The



The knowledge of the names and naturall disposition of diuers diseases, that most commonly happen to molest and grieue the bodies of men and women.

Chap. 59.

Elephantium, is an euill which is easie to be knowne.
 2. Gout Cain, is *Morbus caducus*, that is to say, the falling sicknesse.
 3. Epilepsia is the same euill, or very little difference.
 4. Lyrargum, is a perillous euill, for he that is therein, is alway sleeping: for it hath beene scene, that a man in that euill hath slept himselfe to death.

5. Squinania, is an euill, that is in the throtebole, and when it taketh all the necke, it is a signe of death, except medicine helpe.

6. Sciatica passio, it is a passion that sitteth in the Wirrel-bone of the hip, and holdeth his course betweene that bone and the Kidg-bone, and then falleth, but his abiding is most in the Wirrel-bone.

7. Colica passio, is a passion that is in a mans Arse-gut, but it shooteth into all the guttes, and into the flanke, but his most paine is principally in the Arse-gut, and that stoppeth both wind and water.

8. Possema, is in diuers manners both within the skin and without the skin, and within the body, for all manner of things that swell beate out the flesh, & therefore all manner of Boyles, Botches, Felsions, & other such like, may be called Possema, as well as those that be vpon the stomach, or on the lunges: There be some that beare proper names, as Peri pneumonia, the which is an impostume that is vpon the lunges, that engendzeth a passion, that is called in Latine Aspiration,

The Closet, or Treasurie,

ratio, or Respiratio : and it is called in English, hard drawing of wind : that when a man hath much paine to draw his wind, which maketh the Lungs to be in paine, for it presseth downe the Lungs, and causeth them to be hot and drie, and that maketh a man to cough :

9. Pleurism, is another Impossume that lieth vpon the sides, and vpon the ribs, and aketh soze. And hee that is so diseased, commonly he is coughing : and the humoz is red, and they be much wa-
king, and may not well lie on that side.

10. Also there is an Impossume, that is called in Latine, Anu-
trix, and Antraxis: and it is called in English a Fellon, and they be
hotter of matter then the other that goeth out of Wyles and Fellons
when it is rotted.

11. Tuna is a white watry Skall, and Acorias is a dry Skall.

12. Caries is in a manner of an Impossume, that is like a Wart,
that bringeth forth a long haire, or two, or three.

13. Caries is the rooted head of a tree.

14. Derias is a Wart. And Cicinis is called an Impossume, as
it is said here before.

15. There is an euill that is called Riceria, and there be two of
them: that is to say, the blacke and the yelloe: and especially the
blacke, which commeth of the chafing of the Liver.

16. Also there is an euill which belongeth to Women, that is cal-
led Menstruous, the which is a flux of bloud : And there is another
that belongeth to women, that is called the paine of the Matrice,
which containeth from the Matrice to the priuy member. But the
Matrice of it selfe is like a three corner'd purse, as it may be made
in figure : And that hangeth by certaine stringes by the ribs, and by
the inrailes, and so it stretcheth downe to the priue member, which
is called the mouth of the Matrice. You shall vnderstand that the
Matrice hath in it self nine folds, which falleth like pleates of cloath,
and in those pleates falleth the seed of man, and therein is it nour-
ished, and therein is the child conceived, by reason wherof it might be
possible, that a man might get on a woman nine children at once, and
if they were of such complexion that the woman might conceive in
euery fold a childe, and it is fortun'd the seed of man to fall enen in the
pleates,

pleases, as it may fall : And if it falleth on the one side it getteth a manchilde, & if it falleth on the other side it getteth a woman childe, and if it fall euen in the middle, it is like to be both the male and the female. And therefore, it is all in God, that a man might know the great might and goodnesse of his secrets.

17. Also there is a malady that commeth of the chilles birth, and that is when the childe commeth forth, there commeth therewith a skinne, the which is engendred of the seed of man : And it lieth in the Matrice, and it is diuided in two parts, whereof one commeth to cleane bloud, and after ward ingendzeth to a pce of cleane flesh: And then that flesh putteth from him a white thicke matter, & that matter engendzeth a skin, which skin taketh and windeth in the cleane matter aforesaid : and euermore as the childe fozmeth and wareth, euen so the skin waxeth with it. And the same skin is called the Secundine: and it keepeth the childe from many perills that should fall thereto, if that were not: for it closeth in the childe, like as the shell encloseth in an egge : for first the shell of an egge, was a skin in the beginning of the egge : Wherefore, in this case the skinne is called the Secundine, for it beareth vp the Childe : and when this Secundine is any thing pearced or hurt, then is the childe borne before his time. This Treatise is drawne out of a Chapter called Gilbertus, which saith, that there be five principall things that hindzeth the birth of a Childe. Whereof one is, when the woman with childe is very sore wrought and angry. The second is, when she is smitten with a staffe. The third, is ouer much fasting. The fourth, is a great flure of her wombe. And the fifth, is a fall vpon the wombe : For all these things hurt the Secundine, and maketh the childe to be borne too soone, which destroyeth both the woman and the child: for then the woman is not kindly purged of the Matrice, and then is the Secundine enill for to heale : and if it be not well taken away of the Midwife. And except shee doe her endeuour well, then it will rotte, and make a woman great as though shee were with childe.

And then there is another disease, that is, if it fortune that the childe be dead in the wombe, that hath a proper name in Latine, and is called Fetus, of what kind soeuer it be, & if it be dead it may be said so, and in English it is called a dead childe: wherefore all manner me-

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I charge in Gods name to take heed whosoever ye be that reade this Treatise, that ye blaspheme not, nor despise this, being the works of God, wherby ye may plainly vnderstand how yee were brought in to this world.

18. Also there is another malady, that is named in Latine Caninus appetitus, or Morbo Canino, that is, when an unkindly heat is in the stomack & in the body. And so the moisture that should be in the stomack, runneth away, and the heat bringeth by the moisture, and he that hath that malady is very cosstue.

19. Also there is another malady that is called in Latine Etica passio, that is, an euill that maketh a man to dry and vanish away: And in English it is called the Dzinelle: howbeit the proper name thereof is Etick, and the man that hath that sicknesse shall consume away, but yet he shall be ever eating, and it is the very tokens of mortal death.

20. Also there is another disease properly called in Latine Fluxus ventris, which may be vnderstood in English, all manner of nesh wombed people, otherwise called the bloody Flux.

21. Also there is another Flux, called in Latine, Lienteria, this is a fluxe of the wombe, and this cometh when the stomacke is all slipper and the matter goeth away vndigested.

22. Also there is another that is said in Latine, Dysenterium, and that is when the guts make squamles in the manner of shauing of guts, and no other, as men shall heare after.

23. And there is another disease that is called in Latine, Thenasmon, and that is euen contrary to that befoze, for Thenasmon is, when a man is very cosstue and hard wombed.

24. Also, there is another infirmitie that is called in Latine Emorroides, and that is of great abundance of bloud, and there will arise small teats, as it were warts, that will lie within the fundament by on the gut, and without both.

25. There is another that is called in Latine Exitum, and that is the going out of the fundament, for the gut of the fundament will goe out, and that is a sore euill.

26. Also there will come out of a mans nose much foule filth, and thereof great abundance, some like gobbets of flesh, right in his kinde, like as Emeroides will doe, and that is called in Latine, Polipus.

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27. Also there is another disease or malady, that is called in Latine *Malum mortuum*, & the soze that commeth thereof is called in English a *Wormall*: but know ye well, that his beginning is of a *Melancholy* in the body of man: and it is taken for one of the spices of the *Scab*: and properly it commeth of a naturall *Melancholie*, when it is putrified and corrupt of naturall melancholy, and in some men it is mingled with sawse fleame, and be both gendred together of too long using unwholesome meats: And sometime it commeth of the stopping of the *Spleene*. For when the *Spleene* may not receiue the *Melancholy*, then by his humors he is heauy of waight, & presseth it downward to the legges, and then beginneth the pusses to breake out, & they be called *Malum mortuum*. Another cause why it is called *Malum mortuum*, for it maketh the members as it were dead, or else that it were flesh: And it is called so because it is not so quicke in working as other sozes be, neither in engendring of new flesh, nor mattereth not as other sozes do, but alwaies is hot & dry: and moreover, it will not away till a man die, except he be the more warie, and it sooner taken heed to: For the *Melancholy* is the onely cause thereof: And his colour is to be strarth, and as it were a party blew, and hard: and commonly it is full of stones and hard dead flesh, and there will goe out thereof in a manner of a red water like as if there had bene raw flesh washed therein: and it will close in many places, and when it is closed in one place, it will break out in another: And when it is surely of the *Melancholy*, the pusses will be blacke and blew, and the place will itch soze, and bee full of dead flesh, and with sawse fleame it will itch: also it will be full of sozes and boyles arising thereupon. Also take heed of his digestion, for it will be of great colour, and much quantity of vyne and thicke. And know well that he that suffereth it, an euill commonly haunfeth him, that is called in Latine *Dedamine*, and al they which are infected with that maladie, there will appeare haire thereupon, as doth vpon a *Leaper*, but vpon his maladie the haire shall be blacke, and vpon a *Leaper* the haire shall be white and red: And a naturall knowledge and a true description are all these afoze rehearsed.

Diuers

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Diuers necessary observations both Physicall and
Astronomicall. chap. 62.

Moreover, it is to be vnderstood, that euery moneth in the yeare, the Moone hath her course in one of the twelue signes: and in euery signe the Moone is two dayes and a halfe almost. And yee shall know also, that the twelue signes haue government of euery man and beast in the twelue parts of the body. And whiles the Moone is in euery signe, & if the body be let bloud, or else wounded, or burnt, all the medicines that are cannot serue in that signe that hath the government in the place of the body, and it is maruell but that the body be some dead, or else distraught for ever.

Aries hath the government of the head and face.

Taurus the necke, the throat, and the knot of the throat.

Gemini the shoulders, armes, and hands.

Cancer the brest, the stomacke, the ribs, the lungs, and the milke, in the vpper part of the brest.

Leo the heart, the stomacke, and the ridge in the nether part of the brest.

Virgo the wombe, with the intralles, and the pannaich.

Libra the reynes, the loynes, and the web of the skinne, that couereth them, with the haunches, and buttocks.

Scorpio the priuy members, and the fundament.

Sagittarius the thighs.

Capricornus the knees and hammes.

Aquarius the legges from the knees to the ankles.

Pisces the wrists and the feet.

Also it is to be vnderstood, that a Laxatiue must be taken when the Moone is in Cancer, or in Scorpio, or in Pisces, and when the wind is in the South, then is it best time to take a Laxatiue.

Also if ye should afflicke the Medicines, make it in the signe retentive, as Taurus, Virgo, and Capricornus, and when the wind is in the North.

Also when he shall be let bloud, looke that the Moone be in a signe attractiue, as Aries, Leo, or Sagittarius. And looke that it be not in the new Moone, neither in the old Moone too nigh the change. For in the new Moone the bloud is waxing, and in the old Moone the bloud is waining, and therefore take a full Moone.

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To make Loosings. chap. 80.

Take halfe a pound of Sugar, and as much Rose-water, or other distilled water, as for Manus Christi, see the them likewise, & when you will know when it is sod enough, take out some upon a knives point, and let it coole, and if it be hard like Sugar, then it is sodden enough. Then put into it powder of Ginger, Cinamon, or Nutmeg: Stirre them well together, lay it upon a paper oyled, dzine it as thinne as ye thinke meet, lay on your gold lease with a Connies saile, cut your Loosings Diamond-fashion, and so keepe them.

To perfume Gloues. chap. 81.

Take the Gloues and wash them in the Rose-water, or Damaske water, till the scurfe of the Leather bee gone, and then stretch them forth softly, and keepe the water you wash them with still, then hang them up to dzie, and then lay them in a linnen cloath, that is folded thrée or foure times double, and when they be dzie, let them lie in Rose-leaves dzied a day or two, then take oile of Cinet, Almonds, and Puske, and grinde them together upon a Marblestone, stretch them forth softly, and with your hand annoint your gloues thrée or foure times, and euer among stretch them forth as they dzie. Then take Sandifer mixed with a little Amber-Greece, and strow the powder of it thinly upon them, and lay them in a paper, and in a box: or else melt the Amber-Greece in a quantity of Rose-water, and mixe them dzie, and lay them in faire white paper.

2. To perfume Gloues another way.

Take the Gloues, and wash them as aforesaid, thrée or foure times: and wzing them euery time softly: then take Gum Draga-
gant, and steepe it in fine Damaske water one night: Then straine the water thzough a fine linnen cloath, and take Gum and mixe it with an ounce of Amber-Greece, with Oile of Turpentine: Then mingle all together, and roule your Gloues with the same: lay them to dzie, and lay a paper betweene.

3. A preparatine for Gloues.

Wash the Gloues, as aforesaid, till the scent of the Leather bee gone: then take of Beniamine two ounces, of Storax Calamite

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take one ounce, let them be very fine : then take Oyle of Ciuill Almonds, and mingle it with Beniamine Storax vpon a Marble Stone. When it is well ground, put it into an earthen pot with oyle of Ciuill Almonds, then put in Cloues in powder, and so let it stand close covered: & when you need take a little Rose-water in a sponge, and rub the Cloues softly, and then in like manner, with the Oyle called Ciuet, for the same purpose.

4. Another way.

Take twelue graines of Muske, six graines of Amber Græce, three graines of Storax Calamite, six graines of Beniamin, and a few Cloues: grinde all these together with oyle of Ciuet Almonds. First, wash your cloaths with Fusses dissolved a day in Damaske water.

5. Another for Cloues.

Take your Cloues and wash them in Rose-water once or twice, till all the scurfie bee gone from them, and then let them drie, and stretch them well out, fingers and all. Then plaine them, and wash them once or twice : then take two ounces of Storax, and as much Beniamin made in powder: dresse your gloues all ouer, on a smoth board before they be dry: then hang them to drie, and when they be drie, saue the powder that is left.

Then take a pint of Rose-water, and two ounces of Storax, and two ounces of Cinamon, put all these in powder, and cast them to the Rose-water, and let them seeth in a close Posnet covered. Then take a fine brush and brush them ouer.

6. Another way to perfume.

Take Amber-Græce a dramme, of Muske halfe a dramme, of Fusses a dramme, of Ciuet halfe an ounce, put all these together in a pint of Rose-water, or Damaske water.

7. Another way.

Take a dram of Amber-Græce, a dramme of Beniamin, halfe a dramme of Fusses, a dramme of Storax, a quarter of an ounce of Labdanum, put these in Rose-water.

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A perfume for Chests and Cupboords, and also
for Gloues. chap. 82.

Take Benjamin and Storax of each an ounce, Labdanum and
Fulles, of each a quarter of an ounce, halfe a dram of Cinet: if you
burne it for Chests, or Cupboords, beat it in a hot mortar: if it
be for Gloues, boile it, and put it to Rosewater.

To colour Gloues. chap. 83.

You must haue hulles of graine Walnuts, that must lie in wa-
ter all the yeare long, roile them well with these hulles, and make
them as deepe a colour as ye may.

How to colour Gloues yellow within.

To colour Gloues yellow within, take the yolks of twentie Eggs
and put them in a frying pan with a soft fire, stir them euer, & bruis
them with a Ladle, and the oile that ascendeth of them, being an-
ointed on the inside of the gloues, will make them looke yellow.

To make Muske Sope. chap. 84.

Take strong lye made of Chalke, and six pound of stone chalke,
soure pound of Dære suet, and put them in the lye in an earthen pot
and mingle it well, and keepe it the space of forty daies, and mingle
and stirre it thre or foure times a day, till halfe be consumed, and to
that that remaineth seven or eight daies after, you must put a
quarter of an ounce of muske, and when you haue done so, you must
also stirre it, and it will smell of muske.

To make red sealing Wax. chap. 85.

Take to one pound of Wax thre ounces of cleane Turpentine
in Summer, in Winter take soure, melt them together with a soft
fire: then take it from the fire and let it cole, then put in Vermillion
very finely ground, and Sallet oile, of each an ounce, and mix them
well together, and it is perfect good.

To keepe Damasins in sirrop. chap. 86.

Take Damasins, and pick them well with a knife or pinne, then
take clarified Sugar, as much as you thinke will serue, and then you
must boile it till it bee as thicke as birdlime. Then boile your
Dama

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Damascins in the clarified Sugar till they be soft : then take them
up, and put them in a glasse : then you must boyle the strepe, till it
be as thicke as the other was, before you put in the Damascins, and
so cover them close.

A water for the face, vsed of Gentlewomen
chap. 87.

Take Goates milke two pound, fine Flower halfe a pecke, the
whites of three Egges, and make it from paffe to little loanes, and
bake it, but not too much : then take more of the said Goates milke,
and crumme of the crummes of your bread into it, let it sleepe all
night, & wipe your face with a drie cloath, and then wash your face
with the said milke, and in vsing this, it will make the face shine as
white as snow.

Another to make the face faire.

Take the shearing of Scarlet, foure ounces, the whites of two
new laid Egges, white wine two pound, Rosemary flowers, or
Rosemary it selfe, and sethe it or still it, but if you see the it, scum it
cleane, and when it is cold vse it, and it will make the skinne looke
smooth.

Another to remoue high colour
in the face.

Lemons laid in Buttermilke, is an excellent meanes to remoue
high colour in the face.

A water for heat in the face, and breaking out
with pimples. chap. 88.

Take Allum glasse two pound, the iuyce of Plantain, Purslain,
Meriuyce, of each halfe a pound, the white of twenty Egges, beat
them and mix them, and distill them : which water destroyeth cha-
nges, heats pimples, wheales and scurfes, whatsoeuer they be.

To know whether a woman shall euer conceiue
or no. chap. 89.

Take

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Take the Ruine of a Hare, and having frayed and consumed it in hot water, giue it the woman to drinke in the morning at her breakfast, and let her stand in a hot Bath: and if there come a grieve or paine in her belly, shee may conceiue, if not, she shall neuer conceiue.

To make a barren woman beare children.

chap. 90.

Take of those little sea-fishes, called in Latine Polipi, or Polipodes, and roast them vpon the Embers without Oyle, and let the woman eat of them, and it shall profit and helpe very much, hauing in the meane time the company of a man.

To make a woman haue a quicke and speedy deliuerance of her children, without paine, or at least very little.

chap. 91.

The leaues of Bittony and stampe them, or else make powder of them and giue the woman that labourerth to drinke of it with a little water, and she shall be deliuered incontinent, without any great paine or labour.

To stop the running of the Raines five seuerall

wayes. chap 62.

Take Venice Turpentine washt in red Rose-water, foure ounces, a Nutmeg, Plantine seed, a yellow Amber bead, of each a like, with like quantity of Sinamon, & powder of Comfrey roots, which being mingled, role of Turpentine in the powder, and make it into five Pills as big as a beane, and take them in a spoone with strop of Rubarb, three in the morning, and three two houres before supper and it will helpe it.

Another for the running of the raines.

Take Nutmegs halfe a pound, and bzuise them in a mortar, and kneade them in dough and bake them, which bread is very healthfull.

Another speciall way approued.

Take Hazel-nuts, well pilled or blanched two handfull, Sink-sile and knotted grasse, of each a handfull, foure Camphire leaues: stampe the heards, and straine out the iuyce into two pound of Mus-

cadell :

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cabell: then beat the Put kernels as small as you can, and put them in: Also take an Amber bead, and beat it to powder very fine, which being put in the wine to the rest, stir them all together a good while: then seeth it untill it come to a pound and a little more, and drinke the one halfe in the morning, and the other at night, making a very light supper.

Another for the same.

Pip and Clary, fryed with the yolkes of three or foure Eggs, and taken euery morning, is very good.

To strengthen the seed. chap. 92.

Take Succory, Endiue, Plantin, Violet flowers and the leaues, Clary, Sorrell, of each halfe a handfull, with a peece of Mutton, make a good broth, and to eat it euening and morning is speciall good.

For the gnawing in a womans stomacke. chap. 93.

Take a good handfull of Speermint, and a handfull of Worme-wood, and heat a tile-stone, and lay these two things on it, & make a little bag, and when the hearbs be hot put them in the bagge, and so lay them to her stomacke.

For an Ague in a womans breast. chap. 94.

Take Hemlocke leaues, and fry them in sweet butter, & as hot as she may suffer it, lay it to her breast, and lay a warme white cotton, and it will drie them away in a short space.

For breasts that be sore with milke.

chap. 95.

Take Linseed Oyle, and Wax, melt them, and wet a rag therin, and lay it to the breast warme, which will dry with the milke.

For a sore breast. chap. 96.

Take beane flower two handfull, bzanne, powder of Fengeriche, of each a handfull, white Vineger a pound, three sponesfull of honey, and three yolkes of Eggs, seeth all till it be thick, and lay it warme to the breast, which will both breake it and heale it, alwayes crashing out the matter when you shift it.

To

of hidden Secrets.

To keepe a womans breast from breaking.

chap. 97.

Take Sage, Marigolds with the blacke seed, and the sharpest nettles, of each halfe a handfull, bruiſe them together, and lay it to, which will keepe it from breaking.

For the breasts broken or nor.

Take oile of Roses, beane flower, and the yolke of an Egge with a little Vineger, set it on the fire till it be luke warme, then with a feather anoint the place.

For the vnnaturall hear of the Liuer. chap. 98.

Take Bozage, Buglosse, Succory, Violets, Fumitory, young Hop-buds, Fennell-buds, of each a quarter of a handfull, young Malloves, and Mercurie, of each halfe a handfull, boyle these in a pottle of whey, and straine them.

For the canker in the mouth.

chap. 99.

Take halfe a pint of Ale, and a sprig of Rosemary, and seethe them all together, and scum your Ale, and then put in a peece of Allum, as much as a nut, and a spoonefull of honey, and two spoonefull of Rinsuckle water.

To make the face faire, and the breath sweet.

chap. 100.

Take the flowers of Rosemary, and bolle them in white Wine, then wash your face with it, and vse it for a drinke, and so shall you make your face faire, and your breath sweet.

To make haire as yellow as gold. chap. 101.

Take the rine or scrapings of Rubarbe, & steape it in white wine, or in cleare lie, and after you haue washed your head with it, you shall wet your haire with a sponge, or some other cloth, & let them dry by the fire, or in the Sun. After this wet them, and drie them againe, for the oftner they doe it, the fairer they will bee, without hurting your head any thing at all.

To drive away all venemous beasts from your

house. chap. 102.

Take Juniper, the seed of Agnus Castus, the Shells of riuers Crenelles, Parts horne, the grease or suet of a Bucke, Beere or town Cresses, Dyzantie & bittanie make of al these drings a dough or palle

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paſſe. And when you will be ſo occupie it, burne it, ſo whereas the
ſmoke there of goeth, the beaſts will hold away.

Againſt all poyſon eaten and drunken.

chap. 103.

Having knowledge that any man is poyſoned, the chiefe remedy
is to make him vomit the poyſon, in giuing him Dyle: Oliue lake
warme to drinke alone, or mixt with warme water. And if you haue
no Dyle, giue him Butter with hot water, or with the decoction of
Linſed, or the ſeed of Nettles, or of Hemicreum: and all theſe
things purge the venome as well downward as upward. After ha-
ving made him vomit diuers times, you muſt purge him with ſharp
Cliſters downward. Then giue him water mixt with honey, and al-
ſo old wine enough to drinke. But if you can get good Treakle or
Mithridate, they are the principalleſt againſt poyſons, with Terra
Sigillata, Acozne ſhells, and giue it him in good wine. Let his meat
be fat fleſh of old Beaſts, add fat Broth eſpecially of Pennes and fat
fiſh, and let him not ſleepe. And in continuing with this meanes, he
ſhall be deliuered by the helpe of God.

To driue away Lice. chap. 104.

Take Incenſe, and the Lard of a Barrow hogge, properly called
Barrowes greace: boyle them together in an earthen pan or pot lea-
ded, and with this oylment rub and annoynt the place where the
Lice be.

How to make a ſoueraigne water, that M. Doctor Stephens Phiſi-
tian, a man of great knowledge and cunning did praſtiſe, and v-
ſed of long experience: and therewith did very many cures, and
kept it alwaies ſecret, till of late a little before his death

Doctor Parker, late Archbiſhop of Canterburie did
get in writing of him. chap. 105.

The Reccir.

Take a gallon of good Gaſcoine wine, then take Ginger, Galin-
gale, Camomile, Sinomon, Nutmegs, Graines, Cloues, Pace, Ani-
ſeedes, of euery of them a dramme. Then take Sage, Mint, red Ro-
ſes, Lime, Bellazie of the wall, wilde Marigold, Roſemarie,
Penny

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Demij mountaine other wise called wilde Tinte, Camomile, Lavender, and Queens, of every of them one handfull: then beat the spices small, and bruse the hearbs, and put all into the wine, and let it stand twelue houres, stirring it diuers times. Then fill it in a Limbecke, and keepe the first pint of the water, for it is the best: then will come a second water, which is not so good as the first.

The sundry vertues and operations of the same many times approued.

The vertues of these waters be these: it comforteth the spirits, and preferueth greatly the youth of man, and helpeth the inward diseases coming of cold, against shaking of Palsie: it cureth the contraction of sinewes, and helpeth conception of women that be barren: it killeth the wormes in the belly: It helpeth the cold goate, it helpeth the toothache, it comforteth the stomacke very much, it cureth the cold droppe, it helpeth the stone in the bladder, and in the raines of the backe: it cureth the canker, it helpeth shortly a stinking breath. And who so bleeth this water euer among and not too oft, it preferueth him in good liking, and shall make one seeme young very long. You must take one spoonfull of this water fasting, but once in seven daies, for it is very hot in operation. It preserved Doctor Steuens that hee liued fourescore and eightene yeares, whereof ten yeares he liued bedred.

To make a water that taketh off all staining, dying and spots from the hands of Artificers, that get them by working. A skin, and maketh them white and faire. It is good for them that be Sun-burned.

chap. 106.

Take the iuyce of a Limmon, with a little Bay salt, & wash your hands with it, and let them drie of themselves: wash them againe, and you shall finde all the spots and staining gone. It is also very good against the scurffe or scabs.

To heale all manner of inflammation, and euill disposition of the aire, leappy faces, great swollen legs, or inflamed hands.

chap. 107.

G

Tak

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Take flower, or Amillum made of Warley, which ye shall easily find at the Apothecaries, and seethe it halfe an houre in common water, then straine it, and put it into another new pot that is cleane and neat, putting to it a few Mallowes, Succozie, Hoppes, Cardue and Borage, and seethe all these together untill it be dissolved, and adde to it an ounce of Sandall, and then straine all, and take a linnen cloth, as much Cassia extracta as will gee into two nuts, & put it within the said linnen cloth with the Cassia, while the water is hot, pressing it so hard betwene your two fingers, that the substance of it may go into the water, then put to it Sugar or Spemides, as much as you will. Of this drinke (which is of very amiable saour) you must take from day to day a little glasse full in the morning, lying in your bed with your brest upward, then laying some linnen cloth upon your stomache, stape if you can, and take of it also after you be up, and haue done your necessary: the which doing, you shall finde your selfe very well healed in few daies. But here note that this must be done in the Summer, and not in the Winter, and he that hath his stomache very cold, may weare before his brest some peece of Scarlet, or other cloth, and sometime anoint his stomache with an Oyle made for the weaknesse of it, the perfect composition whereof we will put hereafter.

A singular ointment which healeth all burnings with fire, not leaving any skarre where it hath beene.

chap. 108.

Take the white of two egges, two ounces of Tuna Alexandrina, two ounces of quicke Lime, washed in nine waters, an ounce of new May, with as much Oyle Roset as shall suffice, and make thereof an Ointment, which ye shall finde very good for this that we haue spoken of.

To draw an arrow head or other iron out of a wound.

chap. 109.

Take the iuyce of Valerian, in which ye shall wet a tent, and put it into the wound, laying the said herbe stamped upon it, then make your binding or band as it appertaineth, & by this means

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you shall draw out the iron. And after heale the wound according as it shall require.

For him that hath a bunch on his head, or that hath his head swollen with a fall.

chap. x. 10.

Take an ounce of Bay salt, rawe honey thre ounces, Commin thre ounces, Turpentine two ounces, intermingle all this well by on the fire, then lay it abroad upon a linnen cloth, and make thereof plaisters, the which you shall lay hot to his head, and it will altogether asswage the swelling, and heale him cleane and neat.

To know what time in the yeare herbs and flowers should be gathered in their full strength.

chap. x. 11.

Medicines are made diuers and sundry wayes, some by leaues, some by seeds, some by roots, some by hearbs, some by flowers, and some by fruits. Such leaues as are put in medicines, shoul d be gathered when they be at their full waxing, ere that their colour be changed, or that they fade any thing.

Seeds when they fall be full ripe, and the moistnesse somewhat dried away.

Flowers should be taken when they be fully open, ere they beginne to fade.

Herbs should be gathered when they be full of sap, and ere they wither.

Rootes should be gathered when the leaues fall.

Fruits should be taken when that they be at their full growth, or when they fall, & the heavier the fruit is, the better, and those that be great and light in ponderation, chuse not them, and those that be gathered in faire weather, be better than those that be gathered in raine. And those herbs that grow in the fields are better than those that grow in towne and gardens, and those that grow on hills in the fields are best for medicines, for commonly they be lesse, and not so fat, and haue more vertue.

Many herbs there be that haue specfall time to be gathered in: and if they be gathered in that time, they haue the full vertue, to
their

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their property, or else not so good. Some doe helpe whensoever they be gathered, and some naught if they be gathered out of time: therefore marke well what I teach thee.

Settonie should be gathered principally in Lammas month, with the seed and the roots, and without any Iron-tale, and it must be dried in the shadow: for Medicines it may be gathered other times, but evermore it is the better if it be gotten without iron, and it must be gathered before the Sunne-rising.

Swinegrass may be gathered when it pleaseth you, in time of need.

Cammomill should be gathered in Aprill.

Pellitorie should be gathered in June, before the Sun-rising.

Red Docke should be gathered when they need daily.

Longebase must be gathered in June and July.

Peniwort must be gathered in the beginning of winter.

Germander should be gathered in Lammas month.

Dagant should be gathered in June and July.

Columbine in Lammas month.

Addertong must be gathered in Aprill.

Pedellion when thou wilt.

Groundsill alway after midday.

Wallworth, when it pleaseth you, without iron.

Violet should be gathered in the month of March, and in this month should Violets be put into sugar and sirrop.

Roses should be gathered in Aprill or May, and of them should be made Sugar-roset in sirrop of Roses, and in the same month should oile be made of Cammomill.

Rosemary flowers should be gathered in May.

Sentory when it beginneth to flower.

Dagantum in the month of June.

Solsequi should be gathered the sixteenth day of August, before the Sun-rising, without iron.

Harts-tongue should be gathered before day in November.

Aristolagia should be gathered the same time.

Garlike may be taken when you need for Medicines.

Wilde Garlike should be gathered when it floweth.

Gourds should be gathered in the end of September, when they

be

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be ripe, and dried where the Sunne may be all day.

Wilde Pep-berries should be gathered when they war yellow.

Cucumber should be gathered when the fruit is ripe, and the fruit should be laid vnder Vines, where the Sunne may not haue all his strength on it in a moist place, that it may rot, for then the seed shall be good and full of kernels.

Citrull when the fruit is ripe, and dried in a dry place in the Sunne.

Calamint should be gathered when it flowreth, and dry it in the shadow, and it will last a yere.

Saffron should be gathered before the Sunne arise.

Codur, that groweth among Flax, should be gathered when he beginneth to flower, and it may be kept thre yeres.

Cleber should be gathered in haruest time.

Fennell seeds should be gathered in the beginning of haruest, and two yeres they may be kept.

The roots of Fennell should be gathered in the beginning of the yere, and two yeres they are good.

Baldemoney, that some men call Gentian, should be gathered in the last end of the yere, and foure yeres it is good enough.

The root of this herbe is ysed, and how thou shalt know him is this, that he be very bitter, the lesse bitter the worse.

Also looke that it be white, whole, and not hollow within, but sad, and not brittle, nor full of powder.

Galengale is called in Physicke Typus; it may be taken at all times when you will, but best it is in the end of Aier: and thre dayes it must be laid in the Sunne, and so be dried, that the moisture rot it not, and then you must keepe it in the shadow.

Flower-de-luce should be gathered in the end of Aier, and dried in the Sunne, and it will last two yeres well.

Here

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Here follow the sundry vertues of Roses, for diuers
Medicines. chap. 112.

Roses be cold and moist in two degrees : It hath these vertues, stampe it and lay it to a soze that burneth and aketh, and it shal cease both the burning and aking.

Also, it is good for the Feauer in the stomacke, and against all euills that are gendred in hot humors.

Also, let any woman drinke it with wine, and it shall forthwith cause her to restraine blóding, & helps the marrolos of the wombe.

Also make oile of Roses, and that is a principall receit for prick- ing in sinewes, and the water thereof is good for soze eies, and for hot euills, and the oile is good for the headache to anoint therewith the temples, and the root of him is good to draw forth iron or o- ther things in a mans foot, and the rebde rose is much better than the white.

The sundry vertues of Lillies.
chap. 113.

Lillies are cold and dry in the third degré, and so saith Galen, that who so seetheth the leaues in water, it is a noble plaister for sinewes that are thortned, and it is good for all manner of burnings and scaldings.

Also, when the leaues and rootes are sodden in old wine, and tempered by with honey, it is a profitable plaister, for sicknesse that are staruen. Also the water & the iuyce is good for to wash thy bzis- sers, and to take away the freckles on mans visage or womans: and the root is good to ripe therewith botches, and for to bzeake them.

Of the sundry vertues of Milfoyle.
chap. 114.

Milfoyle is hot and dry in the second degré, it is good to stanch the bloudie sir, and the iuyce thereof healed the biting of a rebde hound : and if it be sod in red wine, drinke it, and it killeth woormes in the womb, and it softneth hardnes in a mans womb, and hel- peth the Jaundise and droppe.

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And take the herbe and stampett, and temper it with Vineger, and it will doe away bloud in wounds, and it will cease the tooth-ach when it is chewed fasting. Also it is good for the stinging of an Adder, when it is sodden in wine, drinke it, and lay the substance thereto, and it will draw the venome out of the soze.

The sundry vertues of Rosemary. chap. 115.

Rosemarie is hot and drie : take the flowers thereof, and put them in a cleane cloth, and boyle them in faire cleane water, untill halfe be waisted, and coole it, and drinke that water, for it is much worth against all manner of euills in the body.

Also, take the flowers, and make powder thereof, and binde it to the right arme in a linnen cloth, and it shall make thee light and merry.

Also eat the flowers with honey fasting, with sawze bread, or else with other bread; and there shall arise in thee no euill swelling.

Also, take the flowers, and put them in thy chest among thy cloth or among thy bookes, and mothes shall not destroy them.

Also, boyle the flowers in Goats milke, and then let them stand all night vnder the aire couered, and after that giue him to drinke thereof that hath the Wicke, and he shall be helpen.

Also, if there be any man that is rammage, take the flowers, and leaues a great quantity, and boyle them together in a good quantity of cleane water, in that Patient Balneat, and it shall heale him.

Also, boile the leaues in white wine, and wash thy face therewith and thy beard, and thy browes, and there shall no cozne spring out, but thou shalt haue a faire face.

Also, put the leaues vnder thy bed, and thou shalt be deliuered of all euill dreames.

Also, breake the leaues to powder, and lay them on the Canker, and it shall kill it.

Also, take the leaues, and put them in a wine vessell, and it shall keepe the wine from all sowzenes and euill saouours: and if thou wilt sell thy wine, thou shalt haue good speed.

Also, if thou be feeble with vnkinds sweat, boyle the leaues in
cleane

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cleane water, and wash thy head therewith, and thou shalt be deliuered from that euill.

Also if thou hast lost appetite of eating, boile well these leaues in cleane water, and when the water is cold, put thereunto as much of white wine, and then make therein sops: eat thou thereof well, and thou shalt restore thy appetite againe.

Also, if thou haue the Flux, boile the leaues in strong Cyzell, and lay them in a linnen cloth, and binde it to thy wombe, and anon thy Flux shall be withdrauene.

Also, if thy legs be blowne with the Gout, boile the leaues in water, and then take the leaues, and binde them in a linnen cloth, and winde it about thy legs, and it shall doe thee much good.

Also, take the leaues, and boile them in strong Cyzell, and binde them to thy stomacke in a cloth, and it shall deliuer thee of all euils.

Also, if thou haue the cough, by stirring, or by any other way, drinke the water of the leaues boiled in white wine, and ye shall be whole.

Make powder of the rinde of Rosemary, and drinke it, and if thou be in the poise, thou shalt be deliuered.

Also, take the timber thereof, and burne it to coales, and make a powder thereof, and then put it in a linnen cloth, and rub thy teeth therewith, and if there be any wormes therein it shall slay them, and keepe thy teeth from all euils.

Also, of the wood make a boyst to smell thereto, and it shall keepe thee youngly.

Also, make thereof a barrell, and drinke thou of the drinke that standeth therein, and thou needest not dread of any euill being therein: and if thou set it in the field, or in thy Garden, keepe it honestly, and it shall bring forth much increasing of it selfe.

And if a man haue lost his smelling of the aire, that he may not draine his breath, make a fire of the wood and bake his bread therewith, and eat it, and it shall keepe him well.

Also, a man that hath the Gout, take Dyle of Roses, and the polk of an Egge, and the flowers of Rosemarie, and medle them together, and doe it to his soze, and he shall be holpen.

How

of hidden secrets.

For to make a speciall soueraigne water, which is of three colours, and it is called the Mother of all waters, which is very excellent to cure the canker, the pocks, or leprosie, or any other kinde of superfluous humours, or any fore old or new, and it is thus made.

Chap. 116.

Take Turpentine foure pound, of Frankinsence, Mastick, of each two ounces, Aloes, Opaticke, Date-stones, Labdanum, Castozium, rootes of Betante, rootes of Enula Campana, of each two ounces, distill them in a Limbecke of glasse, with a soft fire. The first water is cleare: the second water is yellow, and swimmeth aboue the other: the third water is reddish like Saffron, and when it beginneth to be redde and thicke like honny, then beginneth the third water. The first water burneth like a candle: the second water curdeth like milke, and if you put one droppe of the third water into a cup of drinke, it goeth presently to the bottome, and there will it lie an houres space, and then mount vp to the toppe, as true Balum both: and with this water if you wash your face twice a day and chiefly your Pockzills, it cureth the reume descending from the braine, and clarifieth the sight. And if you wet a linnen cloth in this water, and lay it to any soze legge or arme that hath dead flesh, it will cleanse it, and drie away the ache within five houres space, and it consumes all Apostumes, Ulcers, Fissules, Puslules, Emoroids, and healeth all greene wounds. And if ye dip a linnen cloath there in and make it sixfold, and lay it to the noddle of your necke, it healeth the Palsie: and so likewise it cureth the Gout, or any sinnew that is drawne together therewith, bathe it three or foure times together warme.

The water that is of the colour of bloud, is of such vertue, that if a leaprous man or woman vse therof fiftene dayes together, halfe a spoonefull euery day, he shall be healed.

The first water is of such vertue, that if it be put in a fresh wound, it healeth it in foure and twentie houres, if it be not mortall.

And it healeth all kind of cankers, crepces, Noli me tangere, within fiftene dayes, if you wash them with the said water euery third day

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day, and if you make rags of cloath, and dip it in the same water, and lay it vpon a plague soze, and drop one drop therein, and it mortifieth the malignity thereof, and that shortly. And if you droppe one drop in the eye, that hath a pearle, or is halfe blind, it will recouer it in eight dayes without any paines: and if you drinke a spoonefull of it with white Wine, it will recouer the Strangury or disure within five houres, and breaketh the stone within two houres, whether it be in the reines or in the bladder. The water that hath the colour of bloud is most precious, it comforteth the weake member, and preserveth the body from all diseases, and purifieth rotten bloud, and healeth all diseases of the Pilt, and keepeth away the Gout, and causeth good digestion, it purgeth cold and rotten bloud, and putteth away ill humors, and healeth all agues. This water must be bled from the month of Nouember, to the month of Aprill, and you must take but halfe a spoonefull at once, nor oftner than once a weeke.

The manner to make this water, yee must haue a glasse a cubite high, and fill it with Aqua vitæ made with Wine, and stop it well, then put it in horse-dung, so that it be not moist, nor too wet, leass the glasse breake, and you must leaue the necke of the glasse without in the ayre; that glasse through heat of the dung will boyle soze, so that the water will ascend to the necke of the same, and descend againe to the bottom through the ayre, and so let it stand thirty daies, then take out the glasse, and put these things following in the water, and stoppe the mouth that it breathe not out, and so leaue it in eight dayes.

Last of all, put the glasse in Balneo Mariæ with sand, setting on a head with a receiuer, well stopped, and make a soft fire, and gather the first water that drops cleare, but when you see the second Water turne into redde colour, change the Receiuer, for then be- ginneth the second water to come, and that will keepe well in a glasse well stopped.

The spices that goe to this water, be these, with the hearbs, Cardanum, Cloues, Nutmegs, Ginger, Calingale, Zedoaire, Pepper, Spikenard, Laurell berries, Smallage seedes, Bugwort seedes, Fennell seedes, Annis seedes, Flowers of Basil, Elderne flowers, redde Roses and white, Lignum Aloes, Cucibes, Cardanum, Calamus Aromaticus, Naces, Germander, Frankincense, Turmentill, Juniper, Egrimonie, Sentozy, Fumitorie, Pimper-
nell.

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nell, Dandelion, Enfrage, Endive, seedes of Sorrell, yelloſw Sanders, Featherſoy, Allers, Epatick, of each two ounces, Rindard, two drammes, dry figges, Raiſins, Dates without ſtones, ſweet Almonds, of each two ounces, Aqua vitæ to the quantity of them all that is, for one pound of Congredience, foure pound of Sugar, two pound of honey. This water is called the mother of all waters.

A perfect way to cure the loathſome diſeaſe of the French pocks, paines in the loines, lameneſſe of limmes, paleneſſe of colour, loathſome ſcabbes, or any other filthy diſeaſe proceeding of ſuperfluous or euill humours, as alſo to allwage ouer groſſe and foggie fat bellies, and that without danger.

Chap 117.

Fiſt it is needfull to provide for the ſicke body a cloſe and cleane Chamber out of all groſſe aire, and cleane warme garments, both for body and legges, and at riſing and going to bed, a fire of Charcoales, for wood is not ſo wholeſome for ſmoaking: alſo, they muſt not be troubled with any thing to bring them out of patience, for that corrupteth the blood, which muſt be new altered: alſo the ſicke body muſt eat but little meat, and that kinde of meat as ſhall hereafter he preſcribed, and at ſuch time as ſhall bee appointed, and let the ſicke body uſe playing on inſtruments, or heare ſome playing, or tell merry tales, and let him haue no company of any woman, for that is a moſt dangerous poiſon for the health of any perſon in that caſe.

Secondly, you muſt prepare two braſſe pots or elſe iron, one being foure gallons, the other ſix gallons, one for ſtrong drinke, the other for ſmall drinke.

Alſo, you muſt haue cloſe couers to them of braſſe or iron, you muſt alſo prepare certaine good earthen beſſels, with cloſe couers, to keepe your drinke in, of both ſorts by themſelues. Moreover, you muſt haue a Strainer, of a Searce-cloath to ſtaine your drinke after it is decoct, Inſtruments to take out dead fleſh, and to

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search a soze, and a syring to cleanse any soze being deepe, with the same drinke. Also you must haue a wooden vessell to bathe the sicke body in, at such times as hereafter shall be appointed. Also you must prepare cleane cloathes to drie the sicke body after a sweate, being warmed well first: other instruments you shall need none, but onely your wood scraped small, or turned, and the barke of the wood pounded in a morter, and the drugs also small, and your water which you shall decoct, the same must bee of a good Conduit or running brooke, very cleane without any kinde of filth. Chalke water is good.

Thirdly, for your strong drinke, yee must take your pot of foure gallons, & set it on a fire of coales, with the foure gallons of the faire running water, then put into the same one pound and a halfe of your wood, small raped, or turned at the Turners, but when you do buy your wood, see it be not old, and lacke moisture: this triall is best: Take a little coale burning, and lay it on the blocke before it be raped, and if it be good, it will boyle vpon euery side of the coale like Mirthe: Then put thereto an ounce or a little more of the barke of the same wood made in small powder, then take a quarter of a pound of Cummin seeds put whole into the same, and one halfe quarter of an ounce of Rader, and Rubard, and then stop your pot fast, and lay passe above the couer, and so fast that no aire come out, then seeth it on a soft fire, but ever keepe it boyling, and let it boyle at the least eight houres, then set it by, and vnstop it not untill it be cold, then take your Searce, and straine it into a faire earthen pot, and couer it close. The sicke body must drinke of this but one draught Luke-warme, in the morning, and one other at night.

Fourthly, you must take your pot of six gallons, and put in it six gallons of running water, and one pound of the wood raped, and a quarter of Cummin seedes, and decoct it in all kinde of thing euen as the other, being close stopped, and when it is colde straine it into an earthen vessell or vessels, & that must the party drinke at meale, and at other times when he list to drinke, and spare not, but draw it by.

Fiftly, the sicke body must be kept very warme, and not rise out of bed before eight of the clocke, and then eat a dozen or twenty Kelsins of the Sun, and no bread, but a draught of strong drinke warme, and

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and about eleuen of the clock, let the sicke body eat a little meat, as may suffice nature, and what meat, it shall be hereafter shewed: then let the sick body walke some-whiles in his chamber, or reade some booke, or play on instruments, to keepe him from sleeping: then at six of the clocke at night, a dozen of Raisins of the Sunne, and nothing else but a draught of strong drinke warmed.

Sixtly, giue to the Patient to eat, these meats following, Chicken, Partridge, Pheasant, Ven, Capon, Rabbet, Conny, Veale, Put-ton, and none other, nor any salt nor leauened bread, nor Rie bread, and very seldome roasted, but boiled in water, and no Broth nor Wor-redge, nor any kind of saure: if the sicke body haue roast, let it be but euery thirde meale, and no kind of fish, milke, or fruits, Raisins excepted.

Seuenthly, once in thre dayes, for the first nine dayes in the morning, let the sicke body drinke a good draught of the strong drinke somewhat warme, and then lay very many cloathes on him, till he sweate, for the space of two houres: then ease some of the cloathes, and haue warmed linnen cloathes, and rub all the body dry ere he rise, if he haue any sores that be deepe, wash the soze with strong drinke, and with a searce, and dip a little cloath in the strong drinke, and lay it to the soze, whether be soze or knobs.

Eightly, after nine or ten dayes be past, once in thre dayes let the sick body be bathed on this sort. Set faire running water on the fire, and put thereto a great deale of ground Ivy leaues, and red Sage, and Fennell also, and by a good fire when the sicke body is going to bed, put the water and hearbs into a vessell of wood, and let the sick body stand by right in it by the fire, and take by the hearbes, and rub the body of the sick Patient downwards, & then dry him with warm cloathes: vse this thre weekes, and by the grace of God the sick body shall be made whole, whatsoener he be: then if the party be very weake, after nine or ten of the first dayes, let him eat euery day at foure a clock in the after noone a new laid egge poached in faire water, & as much new bread as may suffice nature, & a little cleane wine. Vse this diet with good regard, as before prescribed, and (by the grace of God) they shall be perfectly cured of their diseases aboue mentioned.

The Closet, or Treasurie,

The manner to make another kinde of diet drinke of stronger operation, for the same diseases, which by the practise onely of one man, hath done very great good, as well in the City of London, as in diuers parts of the Realme.

Chap. xx8.

Take of the best Guaiacum, most heauie, and full of Gum, foure pound; let it be well ras'd with a Rape, or turned into fine chips by a Turner, and of the same barks two pound: of Carduus Benedictus, which is called the blessed Thistle, halfe a pound, of Paydenhaire, Cetrach, the flowers of wilde and Garden Buglosse, Ana one pound, sweet Cassia, six ounces, Anis-seed one ounce and a halfe, white Sugar six pound, cast all these into a wine vessell cleane and apt for the same purpose, vpon which potvze of the cleaneest and best white Wine that may be got, in quantity one hundred and fifty pound, cover this vessell thre daies, then straine it through an haire cloath: then keepe it in a cleane vessell for the Patient at dinner and supper, but not to drinke it in the morning or evening. Besides the drinking of this Guaiacum at Dinner and Supper, the Patient may betwene the times, as one houre before or after Dinner or Supper, drinke foure or five ounces. Also your aforesaid receipts may be put in cleane new white wine or Claret wine, being fined and made in the prescribed manner.

Furthermore, the Patient that hath the Pox, Dropisie, or Gout, may drinke among, this worthy medicine following, the dosse or quantity is two ounces or more, according to the age and complexion of the Patient.

Take Paydenhaire, cleane fresh Hops, Fumitory, Cetrach, called Asplenium, Sene of Alexand. of each thre drammes, great Centaury rootes, Liquorice, Polipody, wild and garden Buglosse, each four ounces, Anis seeds, Nigella Romana, the flowers of Buglosse, the thre Saunders, Cinamon, each five ounces; put this into 24. pound of the Guaiacum water, sodden after the description in the Compounds following: then put it in a close vessell, and stoppe the mouth, and when that is done, set the said vessell in another seething kettle, vpon the fire, so let it stand and seeth for twenty houres faire
and

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and softly, then straine it, and keepe it in a cleane close vessell for the vse aforesaid. But if the Patient be full of humours; then do thus: take Sene Alexand. two pound, Succa Rosarum solaria, six pound, white Sugar seven pound, Rubard elected thre ounces, finely cut, Turbit of the best one ounce, put these in a cleane Stone-pot with a narrow mouth: pōwze into this pot xliij. pound of the common Guaicum water, made in manner in the compound following: stop your pots mouth, seeth it in the foresaid manner vpon a soft fire 24. houres vntill it come to a thinne sirrop, called Jelup, then straine it, and keepe this pzeious purging drinke for morning; the Dosse one ounce and a halfe, according to the age, complexion, and strength: the Patient must also eat bread thre ounces, well baked like Bisket, and the flesh of Chicken, Hen, Capon, Partridge, Pheasant, small birds of the wood roasted, expell sodden meats: and if the common drinke be too strong, then the Patient may pōwze there vnto some small cleare Wine, or Were: let the Patient be merry, kept in a faire cleane chamber, with swēt perfumes, not much sēding, but little and fine, with cleane warme apparell, and a fire with Charcoales, eschewing Cleenery, Wines, Fish, grosse flesh, pottage, and white meate: care, anger, cold, much heat; and by Gods helpe ye shall haue present remedie, whether it be for the Pore or to cleanse the reynes, or for them that be ouer fat or foggie people, ful of grosse humours, gotten with ease and sēding, and to rebate & asswage their foggines without hurt, but rather renue them (as it were) and make them sēme pong. It helpeth also the Gout, Dropse, Sciatica, Cancer, and Timpanie, and many other loathsome diseases, that proceed from ouer great abundance of grosse humours, also for extreame paine in the ioynts.

The manner to chuse the best Guaicum, or
Lignum vitæ.

Chap. 119.

OF this wood Guaicum, there are three kinds: the first is black within, in the heart pale coloured, hauing in it russet lines, very hard and heauy. The other blacke within, but white without, hauing very small lines, is hard and heauy, and not so great as the first. The third is all right white within and without, hauing very small lines; and the heart of this wood is best, the arme of the
Tree

The Closet, or Treasure,

tree is better than the bodie, the boughes nearer the fruit haue the more vertue, warmnesse, and drynesse, than the lower parts of the tree, which are more grosse, and more earthly of nature : and the more vnctuous the wood is, it is the better: the sap is not so good as the heart neither the barke so good as the sap. But the white wood is sweet, and most excellent in operation, and is *Lignum sanctum*, the holy wood. The bark of the straight young branches or boughs, being heavy and white, moist, and without lines, hard compacted, be the best barks for the Pore. All these woods called *Guciaci*, haue a Rozin, or matter like *Beniamin*, or pleasant Gum within the wood, which is the spirit or liuely helping humour in decoction for the Pore, in the sinnewes, veines, muskles, head, hands, feet, and the bones : No sicknesse is so sharpe and cruel to nature, but this pzeious wood will both quickly and gently assuage the paine & griefe of the same, if it be ministred accordingly in decoction, namely to them, whom either the Pore hath formented, or else the Gout with intollerable griefe.

A most certaine and approved remedie against all manner of pestilence or plague, be it neuer so vehement.

Chap. 120.

Take an Onion and cut him ouerthwart, then make a little hole in each peeces, the which you shall fill with fine Treacle, and set the peeces together againe as they were before : after this, wrap them in a wet linnen cloath, putting it to roast, couered in the Imbers or ashes : and when it is roasted enough, pzeesse out all the iuice of it, and giue the Patient to drinke therof a Spoonfull, immediately he shall feele himselfe better, and shall without faile be healed

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To make a sirrop of Vinegar, good for many things.

Chap. 121.

Take sharpe Vinegar a pound and a halfe, Sugar two pound and a halfe, boyle it till it be a sirrop. It will digest Choler, Melancholy, and Flegme: it will make grosse humors thinne: openeth obstructions, prouoketh vrine, expelleth naughty humors: is good against all pestilent Feauers, cooleth and quencheth thirst, & keepe the body loose.

To comfort the heart, and take away Melancholy.

Chap. 122.

Take the iuyce of Bozage foure pound, the flowers of Bozage half a pound: let these stand infused in hot embers fourtē houres, then being strained and clarified, put to of good Sugar two pound, and boyle it to a sirrop.

A sirropto cleanse the breast and the lungs, the Cough and the Plurisie.

Chap. 123.

Take Licoriz small shzed and bzuised, an ounce, Waldenhair halfe an ounce, Hyssop two drammes, water two pound, let these lie mixt foure and twenty houres, then boyle it till the third part be consumed, then straine it, and put into the same of good honey, of Sugar pennet, and white Sugar, of each foure ounces, and Rose-water thze ounces.

For spetting either of Lights or Lungs.

Chap. 124.

Take the iuyce of Purslane, and Plantine, of each an ounce, red Corall a dram, and blond-stone halfe a dram fine powdzed, mixt together, vse it.

The Closet or Treasurie

For wormes in young children. chap. 125.

Take Lupines, and make flower of them, which kneaded with honey, lay it to the stomacke of the childe.

For the swelling of the Cods. chap. 126.

Take Rue stamp, lay it to the grieved place, and thou shalt haue present remedy.

For him that cannot hold his water. chap. 127.

Take the small end of Oaken leanes, & seth them in Claret wine, being well beaten, lay it as hot as may be suffered vpon the yard in a plaister fashion.

For the head-ach. chap. 128.

Take the iuyce of Parietum, and put it into the Posethills, and it will helpe you.

For grieve of the stomacke. chap. 129.

Take Pasticke, Cloues, Nutmegs, of each a dram, Mace and Cinamon, of each halfe a dramme fine powdered: then take the bottom of a browne loafe toasted and dipt in Palmesie, strewing of the said powder vpon it, lay it to the stomacke, and it is a present remedy.

For the Itch. chap. 130.

Take bntwrought Wax, fresh Butter, Rose Vinegar, red Rose water, Brimstone finely beaten, and Cloues all boyled together, make an ointmet, and vse.

A Gargill for a sore throat. chap. 131.

Take white Wine, conduit water, of each a pound, Roch Allam, halfe an ounce, two spoonefulls of honey, boyle all to a pound and a halfe, and vse it thre or foure times a day.

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A water for Scabs, Vlcers, and Pushes.
chap. 132.

Take Plantine water halfe a pound, water of Tenges foure ounces, Sublimate powder, an ounce, put all in a double glasse, or some other good vessell, and let it boyle with a gentle fire, a quarter of an houre, and take it off, and keepe it in a cleane vessell, which bleth 2 or foure sundry times, and it will heale them.

To make a water to take out all spots of cloth of gold,
and veluer. chap. 133.

Take rawe redde Arsnicke, Marzem Cucum, of each of them a like quantity, and when they be well brayed, poure some faire water vpon them, and then putting the hearb Cinkefoyle to it, lette it vnto the halfe, and then let it coole, and set it in the sun two houres: then wash your cloth in it, and let it dry in the Sunne.

To take spots of grease and oyle out of all sorts
of cloth, white or other.
chap. 134.

Take the water that pease hath beene sod in, and keepe your cloth where the spot is in it, and then wash it in cleane riuier water, and drie it in the Sunne.

To take all manner of spots out of silke.
chap. 135.

Take the iuyce of great and round Mushrooms of a sharp taste, wet the spots in it the space of two houres, & then wash them with cleare water, and then let them drie.

To take spots out of cloth. chap. 136.

Take cold lye, and lees of white Wine, made a little hot, and mix them well together. But you must take heed they be not too hot, and wash your cloth.

The Closet or Treasurie

A fourraigne remedy for the Cough.

chap. 137.

Take Wismstone beaten in powder halfe an ounce, and put it in a new laid Egge soft roasted, mingle it well together, then put to it Benjamin the bignesse of a Zitch Pease, lightly stamped, and drink it in the morning for your breakfast: Take as much againe at night when you goe to bed, and you shall be whole at the second or third time. But if the cough haue holden you long, you must take it so much the oftner.

To keepe your Poultry from destroying with

Weasels. chap. 138.

Rub your Poultry with the iuyce of Rue or Herbe grace, and the Weasels shall do them no hurt. If they eat the Lungs of a fox, the Foxes will not eat them.

A brieft Treatise of Vrines, as well of mens Vrines as of womens: to iudge by the colours, which betokeneth health, which sicknesse, and which death. chap. 139.

It is shewed, that in foure parts of the body dwelleth sicknes and health, that is, in the wombe, in the head, in the liver, and in the bladder. In what manner thou must know their properties, & thereof thou maist learne.

If a mans vrine be white at mozne, and red before meat, and white after meat, he is whole. And if it be fat and thicke, it is not good: and if the Urine be meanly thicke, it is good to like. And if it be thicke as Ase-pisse, it betokeneth head-ache.

Urine that is two daies red, and the third day white, betokeneth very health.

Urine that is fat, white, & moist, betokeneth the feauer quartaine.

Urine that is bloody, betokeneth that the bladder is hurt, by some rotting that is within.

A little Urine all fleshy betokeneth of the reynes: who pisseth blood without sicknesse, hath some veine broken in the reynes.

Urine that is ponderous, betokeneth that the bladder is hurt.

Urine that is somewhat bloody of sicknes, betokeneth great euill within the body, and namely in the bladder.

Urine that falleth by droppes aboue, as it were great bolnes, betokeneth

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tokeneth great sicknesse and long.

Womens Urine that is cleare and shining in the Urinall as silver, if she cast off, and if she haue no talent to meat, it betokeneth she is with childe.

Womens Urine that is strong and white with stinking, betokeneth sicknesse in the reynes, and in her secret receits, in her chambers full of euill humors, and of sicknesse of her selfe.

Womens Urine that is bloudy, and cleare as water vnder, betokeneth head-ach.

Womens Urine that is like to gold, cleare and mighty, betokeneth that she hath lust to man.

Womens Urine that hath colour of stable cleansing, betokeneth her to haue the Feauer quartaine, and she to die the third day.

Womens Urine that appeareth as colour of lead, if she be with childe, betokeneth that it is death within her.

Hereafter follow all the Vrines that betoken death, as well the vrine of the man as of the woman. chap. 140.

In a whole Aris, one part red, another black, another greene, and another blew, betokeneth death.

Urine in whole Aris, blacke and little in quantity, fatty and stinking, it betokeneth death.

Urine couered ouer all as lead, betokeneth prolonging of death.

Urine that shineth raw and right bright, if the skinne in the bottome shine not, it betokeneth death.

Urine thin in substance, hauing flæting aboue, as it were a darke Skie, signifieth of death.

Urine durty, stinking, and darke, with a darke Skie within, betokeneth a prolonging of death.

Urine that is of the colour of water, if it haue a darke Skie in an Aris, it betokeneth death.

Urine that hath drestes in the bottome medled with blond, it betokeneth death.

Urine blacke and thicke, if the sicke loath when he goeth to the pziuy, and when he speaketh ouerthwart, or that he vnderstandeth not aright, and if these sicknesses goe not from him, they betoken death.

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